



TIMELESS

DIGGING DEEPER

WISE WORDS

MARCH 10

"Words once spoken cannot be taken back; like an arrow released, they find their mark." - Modern Proverb We are wise when we consider the power of our words.

Work through the following questions and scriptures on your own, and get together with your running partner, life group, or friends and family to talk through what you are learning.

DISCUSSION QUESTIONS

1. Consider the analogy between the destructive and constructive potential of nuclear energy and our words. How do you see this analogy playing out in your own experiences or in society when it comes to our words?
2. In the message, we heard the problem with "speaking your truth" is that it assumes:
 - A. We are the source and authority of truth
 - B. Confuses my opinion with truth
 - C. Isolates rather than unites.

How then does this concept diverge from biblical principles of wisdom and truth? How does this personally challenge you and how do you think about "truth"?

3. Read **James 3:7-12**.

Make some observations about this passage (What does the text say?):

- What do you notice and what are you curious about?

Make some interpretations (What does the passage mean?)

- What do you learn about humanity?
- What do you learn about God?

Now make some applications (what's my response?)

- How are you encouraged, challenged, or convicted by this passage?
- What should be our response to this passage?

4. Read **Ephesians 4:29**. How well do you do at living the wisdom found in this verse? In what ways could you grow in wisdom?

5. Do past words that you know (or hope) aren't true resurface from time to time? If so, what are they and how have you combated those words?

6. Read **Proverbs 18:2**. On a scale of 1-10 (1 being never, 10 being always), how often do you take a posture of curiosity as you listen to truly understand the other person? Why do you think that is?

KEY SCRIPTURE

James 3:7-12 All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring? My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Proverbs 18:2 Fools find no pleasure in understanding but delight in airing their own opinions.

PRAYER

This week spend some time in confession and intercession. If any specific words come to mind that you have said this week that you need to apologize for, start with asking forgiveness from God. Ask God to guard your thoughts and your tongue. Also, pray for Christ followers and the church to be a people who speak life not death.

TAKE A NEXT STEP

1. This week ask yourself these questions before you respond on social media or text or to a friend, family member or co-worker.
 - Do I actually care about the person/people my words will impact? Or, am I more interested in putting my opinion out there?
 - Will my words bear good fruit or bad fruit in this situation?
 - Have I truly listened to all sides before speaking up?
 - Did I pray about it first? (specifically when there is tension or disagreement)
2. Reflect on the practical tips provided for taming the tongue:
 - 1.) Admit you need help
 - 2.) Pray about it daily
 - 3.) Confess it and move on
 - 4.) Seek accountability
 - 5.) Practice speaking life
 - 6.) Don't say through media, what you wouldn't say in person
 - 7.) If you can't read it in front of your spouse (significant other, or best friend), don't send it and check your heart
 - 8.) If you can't read it out loud in church, don't text/post it
 - 9.) Words have both a when and a where (don't be available 24/7, take a break)
 - 10.) Don't text angry.

Which of these tips can you apply to your own life this week? Try them out and loop in a friend or Spiritual Running Partner to let them know how you are trying to grow in this area.

Hey, families! Here's a look at what we're covering with your kids so you can help them continue to grow at home during the week.

THIS WEEK

This week we will learn about how the people were ready for a Savior, and they welcomed Jesus with open arms.

THE BIBLE: “he is not here; he is risen, just as he said.” (Matthew 28:6)

THE MESSAGE: The Good News about who Jesus is and what He came to do is for everyone who hears the Word of God and welcomes Jesus into their hearts. Because of His sacrifice, every person, no matter how greatly they have sinned, has a chance at forgiveness and eternal life with God! Now that calls for shouts of praise.

THE BIG IDEA: The Good News Is For Everyone!

ASK THIS

Because sometimes you and your kid need a conversation-starter that isn't, “So . . . how was church?”

- Why was the crowd so excited about Jesus?
- In what ways can you honor Jesus with your life?

REMEMBER THIS

The news about the many miracles Jesus performed, all the people He healed, and His remarkable teachings spread quickly. The people believed Jesus was their promised Savior, so they shouted praises of joy when they saw Him. Little did they know, Jesus came to offer something way better than freedom from the Romans. He came to offer the gift of everlasting life. God still performs miracles today! And the greatest miracle of all is still Jesus dying on the cross and coming back to life to save us!

NEXT WEEK

Next week we will how the disciples shared a very special meal with Jesus!