

Watch Your Mouth | Week 2

Introduction

Here at Sun Valley, we have a saying, “Words create worlds.” Every day, we either build a positive world or a negative world with our words.

Conversation Starters (10 minutes)

- Name one word or phrase that makes you laugh when you hear it.
- How can you be intentional about using your words to encourage others this week?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend’s teaching?

[Watch the Video](#) (5 minutes)

Group Discussion (45 minutes)

1. When was a time that words were discouraging? What words spoken to you have been encouraging?
 - a. In both cases, think of how long you have carried those words with you.
2. [Proverbs 18:21](#)(NIV) says, “The tongue has the power of life and death, and those who love it will eat its fruit.”
 - a. Identify two different types of fruit in your life based upon the words you’ve spoken: positive and negative.
3. Read [Ephesians 4:29](#).
 - a. What specific guidance does Paul give about our communication?
 - b. What does it mean to speak words that "build up"?
 - c. Who is someone you sense God may be asking you specifically to build up?
4. We have the choice to create life or death with our tongue/words. Can you give an example of a time you have seen positive speech change your life or those lives around you?
5. What are some practical alternatives you can use to replace your negative speech in your daily life?
6. As a group, how can we create a culture of speaking life and encouragement to one another?

Prayer (5 minutes)

Close your group time in prayer. You can use these words or your own words:

"God, guard our hearts and mouths. Help us speak words that reflect your love, bring healing, and show your character. Transform our communication to be a source of life and hope to those around us."

Announcements (5 minutes)

Have you established a daily rhythm of spending time with God? Check out our Daily Reading in the Sun Valley app for guided Bible reading every day with content that is connected to the weekend message and your group notes!