


# "The Art of Wise Living"

## Part 5

### The Power of Words

# TALKINGPOINTS WALKINGPOINTS



A publication of , the adult discipleship ministry of Triangle Community Church.

**Talk** together about the glory of God's kingdom. —Psalm 145:11  
Love the Lord your God and **walk** in all his ways. —Joshua 22:5

2018.8.19



## Questions for Reflection

- Are you typically inclined to say **more** than you should or **less** than you should?  
Whether speaking too much or too little, **why** do you think we so often **underestimate** the power of words?
- Read Proverbs 29:20. **With whom** (your kids, spouse, friends, etc.) are you inclined to say too much?  
What helps you "pause" or "restrain" your words when you should?  
Have you and your spouse ever agreed on a signal designed to help you speak more judiciously? If so—has it worked? If not, what are some possible signals you could develop?
- Review the top ten areas in which we tend to get into trouble in our speech (see Sermon Summary). Which two or three of them cause you the most trouble?  
What have you done to try to overcome them? How did it work? What else should you try?
- Pastor Doug suggested that we "**THINK**" before we speak, by asking ourselves:  
"Is what I'm about to say **T**True? Is it **H**elpful? Is it **I**nspirational? Is it **N**ecessary? Is it **K**ind?"

Discuss a conversation you had recently that **could have** gone better.

Which of those principle(s) did you violate?.

## Application-Challenge

- Ask God to **continue** to change you, to do a **new** work in your heart! As the Psalmist said:  
*"Oh God, let the words of my mouth and the meditation of my heart be acceptable in your sight."*  
Psalm 19:14

**Take One Step:** What is one small, concrete step of obedience you will put into practice this week?



# Sermon Summary

Words are important, aren't they? You have to be careful with your words. In fact, the Bible says in Proverbs 18:21: "Death and life are in the power of the tongue." Given that words are powerful, how do we live as wise people with our words? Proverbs says there are several things that we should do.

**I. We are to "pause" our words (Proverbs 29:20).** We need to be careful to pause before we speak to give God a chance to intercede. Somewhere between the action and reaction there is a span of time. And the longer that span of time is, the more opportunity God has to change how we choose to respond.

**II. We must restrain our words (Proverbs 10:19).** Sometimes, the more we speak, the greater the likelihood that we will say something we shouldn't say. The more you say, the more trouble you get in. Have you ever said something that you wish you could retract? I've created a top ten list of areas that tend to get us into trouble. As we quickly go through them, ask the Holy Spirit which ones you struggle with, and then put a check mark next to them:



- \_\_\_\_\_ Name-calling (James 3:8-10)
- \_\_\_\_\_ Using harsh words (Proverbs 11:9)
- \_\_\_\_\_ Exaggerating (Proverbs 4:24)
- \_\_\_\_\_ Lying (Proverbs 14:25)
- \_\_\_\_\_ Gossiping or slandering (Proverbs 20:19)
- \_\_\_\_\_ Misplacing complaints (Matthew 18:15)
- \_\_\_\_\_ Bragging (Proverbs 27:2)
- \_\_\_\_\_ Being ungrateful (1 Thessalonians 5:18)
- \_\_\_\_\_ Criticising (Ephesians 4:29)
- \_\_\_\_\_ Speaking unnecessarily (Proverbs 17:28)

**III. We must give life with our words.** It is not just about what we don't say. It is not just about pausing and restraining. The truth is, we can do a lot of really good things with our words. We can tell someone that we love them. We can encourage someone and tell them that we believe in them. We can affirm someone. We can thank someone. Most importantly, we can point them to eternal life (Romans 10:13-15). This week, every single one of us is going to have an opportunity to speak a life-giving word. To bear witness to a friend or co-worker who doesn't know God. We will have an opportunity to tell them how God has helped us in our own lives, and we don't have to know a lot to share what we already know!

**IV. We must check our own hearts (Luke 6:45).** James tells us that no one can control their tongue. This is a message about allowing God to change our heart because if God changes our heart, it changes our tongue. Why do we brag? It's because we are trying to draw attention to ourselves to boost our self-esteem. But when we know God, he meets that need and we don't have to brag. We criticize others to push them down and lift ourselves up. We have to win the argument, we have to control others. Friends, those are all heart issues. And when God changes our heart, when we say "Lord, forgive me," he comes and takes up residence in our lives and begins to change our hearts. And when our heart changes, it changes our speech. For a man speaks from that which fills his heart. The reason a man lies is because he is afraid of consequences. He doesn't understand the grace that is available through Jesus Christ. Many of us have called upon God to save us, and he has begun the process of changing our life. Let's ask him to continue that good work in us!

## Talking To God About This Week's Message

*"Heavenly Father, today I want to be a 'doer' of the Word, and not just a 'hearer'. Amen."*

## Digging Deeper in Your Daily Quiet Time

**"Five Question Bible Study" (see page below) is a simple way to study any passage. We can use it to explore godly communication...**

**Monday**— Listen well: Proverbs 18:13 and James 1:19

**Tuesday**— Be slow to speak: Proverbs 15:23, 28 and 29:20

**Wednesday**— Don't go to bed angry! Ephesians 4:15, 25; Colossians 3:8 and Matthew 6:34

**Thursday**— Don't use silence as a weapon. Proverbs 10:19; 15:28; 16:21; 18:2 and 20:15

**Friday**— Don't respond in anger. Psalm 14:29; 15:1; 25:15 and 29:11

**Saturday**— ***In preparation for worshipping your risen Lord tomorrow with your church family,*** study Psalm 27.

Bible Text: \_\_\_\_\_

Date: \_\_\_\_\_



What idea particularly strikes me from this text? [Note in which verse(s) is it found.]



What question does this text raise in my mind—and how would **this text** answer it?



What about Jesus Christ—his character and/or his redemption—relates to this text?



What action must I take as a result of this text? Be concrete and specific.



With whom will I share what I learned from this text?