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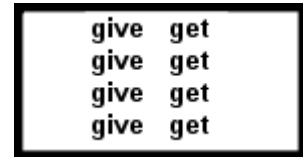
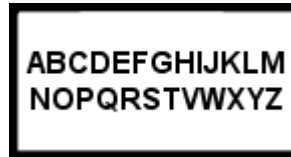
Proverbs

for Life

Lesson 4 Sticks, Stones, and words hurt

Ice Breaker (in groups):

1. Solve these Rubus word problems:



2. How many words do you think the average woman says a day? A man?
-woman (25,000); man (12,000)
3. What is the dumbest thing you've ever said that you wish you could have taken back?

Question: What do you think about the phrase "Sticks and stones will break my bones but words will never hurt me."?

Read James 3:4-11

I. The Power of Words

Read Proverbs 12:18. How can words be both a "piercing sword" and "healing"?

A. Destructive words ("piercing sword")

1. GOSSIP

Read Proverbs 18:8; 26:22. Do you agree that the hurt of "gossip's words" sink down deep within us?

- *never share words entrusted to you
- *put yourself in their shoes

2. PUTTING DOWN

Read Proverbs 26:18-19. What do these verses teach us? Can you relate to these verses?

Question: What is the ultimate reason why we use destructive words?
-to exalt ourselves

B. Healing words

1. ENCOURAGEMENT/COMPLIMENT

- nothing feels better than encouragement from someone you look up to

Put It On Paper: Write down a time that someone said something encouraging to you and how it felt.

2. "I AM SORRY"

Question: Why do we typically avoid apologizing for our mistakes?

II. The Importance of Listening

Read James 1:19. What does this verse tell us?

- A. Be slow to TALK (Proverbs 13:3; 18:13)
- B. Be quick to LISTEN

discuss in groups

What is something that has been said to you that has stuck to this day (good or bad)?

Talk About It: Why do you think we are bad listeners and "secret keepers", but we are quick to speak?

Read Proverbs 18:2. How does this compare to your answer?

Read Proverbs 21:23. What are some areas that you need to guard your tongue in?

- *spreading gossip?
- *getting into other's business?
- *saying something hurtful or untrue?
- *not being a listener?

*Pray in groups. Take requests including how the group can pray for what we learned.

take it home

Re-read James 3:3-11

Questions to Think About:

1. Is there someone I need to forgive about something I have said?
2. Who am I going to encourage this week?

Proverbs Reading:

- *This week, read Proverbs 10-12
 - by the next time we meet, you should have read chapters 1-12 and 31
- *Take your time, carefully reading through each verse.
- *Highlight/underline key verses that stand out to you.
- *Take it deeper- keep a journal about what you learn!