

WEEK 2: Changing the Conversation with Others

INTRODUCTION

The saying "*sticks and stones may break my bones but words will never hurt me*" is simply not true. Our tongues can be the most difficult thing to control, and our resulting conversations can cause us and others a great deal of harm. The great news for us is that we can change our conversations with the help of The Holy Spirit.

DISCUSSION QUESTIONS

1. Recall and share a time you really put your foot in your mouth and said something you regretted.
2. Read James 3:1-12. In what way have you discovered your own limitation in terms of controlling what you say?
3. Read Matthew 12:34. Talk about the connection between the **heart** and the **mouth**. Do you see the same connection in your own experience? How so?
4. Read Ephesians 5:18-20 (**NIV**). Discuss these sentences one at a time. Take some time to discuss the phrase, "***be filled with the Spirit.***" If you have time, look at Romans 7:14-25 contrasting "will power" with Romans 8, the power of being "*filled with the Spirit.*"

MOVING FORWARD

A prayer: "*Dear God, I know my conversations with others need to change. I recognize my limitation to do this on my own. Please fill me Holy Spirit and change my heart so that the words I speak to others will be positive and helpful.*"