BIBLE STUDY WORKSHEET

Guarding Your Words

Words can carry truth, healing, accountability, or unnecessary harm.

Prepared by Vanessa

"The tongue has the power of life and death."
Proverbs 18:21

OPENING PRAYER

God, place wisdom over my mouth and kindness in my tone. Help me refuse gossip, speak directly when something matters, and use words that are truthful, necessary, and loving. Amen.

Name	Date
Bible Study Group	Leader

PURPOSE OF THIS STUDY

This study examines gossip, complaining, exaggeration, difficult conversations, apologies, and the discipline of speaking life with truth.

[ ] Pause speech [ ] Reject gossip [ ] Speak directly [ ] Repair harm

PART 1

Words Reveal the Heart

Repeated speech can reveal resentment, insecurity, pride, fear, or an unmet need that deserves attention.

> **The mouth speaks what the heart is full of.**
>
> Luke 6:45

TRUTH TO CARRY

Changing words often begins by tending to what fills the heart.

REFLECT AND DISCUSS

Which words or tone repeat when you are stressed?

What feeling sits underneath them?

What heart need should be addressed?

> **Listen to your language; it may reveal what needs healing.**

PART 2

Gossip Creates False Connection

Gossip can feel like closeness, but it builds connection through someone else's exposure.

> **A gossip separates close friends.**
>
> Proverbs 16:28

TRUTH TO CARRY

If a concern matters, wisdom asks whether we should pray, speak directly, seek qualified help, or remain silent.

REFLECT AND DISCUSS

What kind of information tempts you to share?

Would you say it if the person were present?

Who is actually appropriate to involve?

> **Do not make another person's private pain your social currency.**

PART 3

Truth Belongs in the Right Conversation

Direct, private, respectful conversation reduces triangulation and gives repair a chance.

> **If your brother or sister sins, go and point out their fault.**
>
> Matthew 18:15

TRUTH TO CARRY

Speaking directly does not mean confronting when unsafe; seek advocacy when needed.

REFLECT AND DISCUSS

Which conversation have you been avoiding?

What is the clearest fact to address?

What setting would be respectful and safe?

> **Courageous conversation is different from public exposure.**

PART 4

Apologies Need Clean Language

Repair becomes possible when we name our words, acknowledge impact, and avoid excuses disguised as apologies.

> **A gentle tongue is a tree of life.**
>
> Proverbs 15:4

TRUTH TO CARRY

A clean apology says what happened, why it was wrong, and what will change.

REFLECT AND DISCUSS

Which words require an apology?

What impact did they have?

What new communication practice will you use?

> **Words can wound; changed words can help rebuild trust.**

PRACTICE

A Words-of-Life Plan

Choose one speech pattern to interrupt and one conversation to approach with wisdom.

A speech pattern I want to change:

The feeling or motive underneath it:

A conversation I need to have directly:

The sentence I want to say with grace:

An apology or repair I need to make:

THIS WEEK I WILL

[ ] Pause before sharing
[ ] Check truth and necessity
[ ] Speak to the right person
[ ] Lower my tone
[ ] Refuse exaggeration
[ ] Apologize clearly

MY ANCHOR PRAYER

Lord, let my words be truthful, timely, and kind.

CLOSING TOGETHER

Let Speech Become Stewardship

Every conversation is an opportunity to practice courage, restraint, and care.

CLOSING PRAYER

God, forgive careless words and hidden gossip. Teach us to speak directly, listen humbly, and repair quickly. Amen.

A WORD OF ENCOURAGEMENT

Silence can be wise, and honest words can be healing; ask God for the difference.

CLOSING CIRCLE

One speech habit I want prayer for:

One life-giving sentence I can offer this week:

MY DECLARATION

I will use my words to tell truth, protect dignity, and make room for repair.

Signature

Date