



Proverbs 13:3--He who guards his lips guards his life, but he who speaks rashly will come to ruin.

How to Stay Out of Trouble

1. _____ before you _____.

Proverbs 16:23(GN)--Intelligent people think before they speak. What they say is then more persuasive.

>> _____ before you _____.

Proverbs 18:20(GN)--You will have to live with the consequences of everything you say.

Proverbs 20:25--It is a trap for a man to dedicate something rashly and only later to consider his vows.

Evaluate yourself:

1

10

2. Always _____ the _____.

Proverbs 10:10(NIV)--He who winks maliciously causes grief.

Proverbs 10:10(GN)--Someone who holds back the truth causes trouble.

>> _____ destroys _____.

Proverbs 24:26(GN)--An honest answer is the sign of a true friendship.

Proverbs 28:23(LB)--In the end, people appreciate frankness more than flattery.

>> _____ is false _____.

Evaluate yourself:

1

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3. Speak the _____ in _____.

Proverbs 12:18(GN)--Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal.

Proverbs 15:4(LB)--Gentle words cause life and health.

Proverbs 12:25(LB)--A word of encouragement does wonders!

Evaluate yourself:

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..... Small Group Discussion Questions:

1. In your view, what makes the difference between constructive communication and destructive communication?
2. Review the points and verses from this lesson. What personal application can you make from this teaching?
3. The Bible warns against toxic talk. What biblical principles have you found to be most helpful to you in reining in your speech?
4. Take some time right now to pray for the needs of those in your small group.