

# Measured Warrior Field Manual Worksheet

## Enemy Weapon: Gossip — The Battle for Measured Words

Name:

Date:

**Key Scripture:** *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...”* — Ephesians 4:29

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### Opening Reflection

Words can build, heal, encourage, and restore—or wound, divide, and destroy.

When am I most tempted to talk about someone rather than talk to them?

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### Study 1: Understanding the Weapon

**Read:** Proverbs 11:13; 16:28; 18:8

Gossip does not have to be false. Even truthful information can become gossip when it is shared with someone who has no need to know.

**Question:** What do these Proverbs reveal about the damage gossip causes?

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### Study 2: The Enemy's Strategy

**Read:** Proverbs 26:20; James 3:5–6

Gossip feeds conflict like wood feeds a fire. The enemy can use careless words to create suspicion, bitterness, damaged reputations, and division.

**Question:** Have my words ever added “wood to the fire” instead of helping extinguish it?

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### **Study 3: Biblical Battle — Miriam and Aaron Speak Against Moses**

**Read:** Numbers 12:1–15

Miriam and Aaron criticized Moses, but their words revealed deeper issues of jealousy, comparison, and pride.

Then Scripture records a sobering statement:

“And the LORD heard this.” — Numbers 12:2

**Question:** What was behind Miriam and Aaron's words, and what does God's response teach me about my own conversations?

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### **Study 4: The Warrior's Habit — Measure Before You Speak**

**Read:** James 1:19; Ephesians 4:29

Before speaking about someone, ask:

Is it true? Is it mine to tell? Does this person need to know? Will it build, restore, protect, or help? Would I say it if the person were standing beside me?

Question: Which of these five questions do I most need to practice?

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### **Study 5: Following Christ's Example**

**Read:** Luke 6:27–28; 1 Peter 2:21–23

Jesus was falsely accused, mocked, and insulted, yet He did not retaliate with sinful words. His speech remained under the Father's authority.

**Question:** What does Jesus teach me about responding when others speak against me?

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## Warrior Action Plan

This week I will:

- Stop a story rather than carry it.
- Refuse to damage someone who is not present to defend himself.
- Speak directly to someone when an issue genuinely needs to be addressed.
- Use my words intentionally to encourage and build others up.

One conversation where I especially need Measured Words:

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## Measured Warrior Sword Drill

### Sword of the Spirit — Memory Verses

**Proverbs 11:13** — “A gossip betrays a confidence, but a trustworthy person keeps a secret.”

**James 1:19** — “Everyone should be quick to listen, slow to speak and slow to become angry.”

**Primary Sword: Ephesians 4:29** — “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...”

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## Formation Question

Am I becoming the kind of man whose words can be trusted—someone with whom the story stops?

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## Closing Prayer

Dear Heavenly Father.

Guard my heart and my words. Forgive me for the times I have repeated what was not mine to tell or used my words to criticize, divide, or damage another person.

Give me wisdom to know when to speak and when to remain silent. Teach me to be quick to listen and slow to speak. Make me a trustworthy man whose words build up, restore, protect, and honor You.

Train me to fight gossip with the discipline of Measured Words.

In Jesus' name, Amen.