

## **Bible Study Handout**

### **The Weight of Words: What You Say Is Carrying Something**

#### **Primary Text:**

Proverbs 18:21 (NIV)

*“The tongue has the power of life and death, and those who love it will eat its fruit.”*

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#### **Lesson Overview**

Words are often treated as small and insignificant, yet Scripture teaches that they carry tremendous weight. They are not empty or neutral. They reveal what is happening within us, shape the environments around us, carry spiritual power, and must be governed with intentionality.

This study challenges us to become more aware of what we say and how our words impact our lives and the lives of others.

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#### **Point I: Words Reveal What’s Within**

**Text:** Matthew 12:34

Jesus teaches that our words are a reflection of our hearts. What we say is not random. It flows from what has been stored internally over time.

This means our speech reveals:

- what we believe
- what we’ve experienced
- what we are holding onto

If negative, fearful, or critical words consistently come out, it may point to deeper issues within the heart that need healing and transformation.

#### **Key Truth:**

Your mouth speaks what your heart is full of.

#### **Reflection Question:**

What do your words reveal about what has been filling your heart?

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## **Point II: Words Create Environments**

**Text:** Proverbs 18:21

Words do more than express thoughts. They shape atmospheres.

The language we use consistently influences:

- our homes
- our relationships
- our workplaces
- our internal mindset

In Numbers 13–14, the spies saw the same land but spoke different words. Ten spoke fear, and two spoke faith. The people embraced the negative report, and it shaped their outcome.

### **Key Truth:**

What you repeatedly say helps create the environment you live in.

### **Reflection Question:**

What kind of environment are your words creating around you?

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## **Point III: Words Carry Spiritual Power**

**Text:** James 3:5–6

James compares the tongue to a small spark that can start a great fire. This reminds us that words can have far-reaching and lasting effects.

Our words can:

- encourage or discourage
- heal or harm
- build up or tear down

They are not just emotional or relational. They carry spiritual significance and influence.

### **Key Truth:**

Your words are not neutral. They are carrying something every time you speak.

### **Reflection Question:**

What kind of impact are your words having on others and on your own life?

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## **Point IV: Words Must Be Governed**

**Text:** Psalm 141:3

The psalmist prays for God to guard his mouth, reminding us that controlling our words requires intentionality and dependence on God.

Not everything we think needs to be said. Wisdom teaches us to pause, reflect, and allow God to guide our speech.

Growth in this area includes:

- learning when to speak
- learning when to be silent
- replacing harmful words with life-giving truth

### **Key Truth:**

If we don't guard our words, our words will guide our lives.

### **Reflection Question:**

What is one practical way you can become more intentional with your words this week?

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### **Practical Application**

As you go through this week, be intentional about your speech.

Pause before responding.

Speak life instead of negativity.

Invite God into your conversations.

Even small changes in your words can lead to meaningful changes in your life and relationships.

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### **Final Thought**

**Your words are never empty... they are always carrying something.**