

## Her Promise Circle Bible Study

# The Power In Your Words

“Death and life are in the power of the tongue, And those who love it and indulge it will eat its fruit and bear the consequences of their words.”

Proverbs 18:21 AMP

### WORD STUDY

**HEART (HB LEB)** - THINKING & REASONING, EMOTION, WILL; CONTROLS OUR ACTIONS, DETERMINES HABITS & CHARACTER, DEPOSITORY OF ALL WISDOM & SOURCE OF WHATEVER AFFECTS SPEECH, SIGHT, & CONDUCT.

MacArthur, J., 2022. Heart - Leb, Lebab (Hebrew Word Study) | Precept Austin. [online] Preceptaustin.org. Available at: <[https://www.preceptaustin.org/heart\\_leb](https://www.preceptaustin.org/heart_leb)> [Accessed 25 January 2022].

## How Do I Speak?

“The [intrinsically] good man produces what is good and honorable and moral out of the good treasure [stored] in his heart; and the [intrinsically] evil man produces what is wicked and depraved out of the evil [in his heart]; for his mouth speaks from the overflow of his heart.”

Luke 6:45 AMP

“The one who guards his mouth [thinking before he speaks] protects his life; The one who opens his lips wide [and chatters without thinking] comes to ruin.”

Proverbs 13:3 AMP

## Why Should I Watch My Mouth?

““Either make the tree good and its fruit good, or make the tree bad and its fruit bad; for the tree is recognized and judged by its fruit. You brood of vipers, how can you speak good things when you are evil? For the mouth speaks out of that which fills the heart.”

Matthew 12:33-34 AMP

““But I tell you, on the day of judgment people will have to give an accounting for every careless or useless word they speak.”

Matthew 12:36 AMP

“If anyone thinks himself to be religious [scrupulously observant of the rituals of his faith], and does not control his tongue but deludes his own heart, this person’s religion is worthless (futile, barren).”

James 1:26 AMP

## How Can I Watch My Mouth?

Watch over your heart with all diligence, For from it flow the springs of life.”

Proverbs 4:23 AMP

“There is nothing outside a man [such as food] which by going into him can defile him [morally or spiritually]; but the things which come out of [the heart of] a man are what defile and dishonor him.”

Mark 7:15 AMP

## How Should We Speak?

“She opens her mouth in [skillful and godly] wisdom, And the teaching of kindness is on her tongue [giving counsel and instruction].”

**Proverbs 31:26 AMP**

“Let the words of my mouth and the meditation of my heart Be acceptable and pleasing in Your sight, O Lord, my [firm, immovable] rock and my Redeemer.”

**Psalms 19:14 AMP**

“The heart of the righteous thinks carefully about how to answer [in a wise and appropriate and timely way], But the [babbling] mouth of the wicked pours out malevolent things.”

**Proverbs 15:28 AMP**

“Do not let unwholesome [foul, profane, worthless, vulgar] words ever come out of your mouth, but only such speech as is good for building up others, according to the need and the occasion, so that it will be a blessing to those who hear [you speak].”

**Ephesians 4:29 AMP**

“A soft and gentle and thoughtful answer turns away wrath, But harsh and painful and careless words stir up anger.”

**Proverbs 15:1 AMP**

“But now rid yourselves [completely] of all these things: anger, rage, malice, slander, and obscene (abusive, filthy, vulgar) language from your mouth. Do not lie to one another, for you have stripped off the old self with its evil practices,

**”Colossians 3:8-9 AMP**

“But above all, my fellow believers, do not swear, either by heaven or by earth or with any other oath; but let your yes be [a truthful] yes, and your no be [a truthful] no, so that you may not fall under judgment.”

**James 5:12 AMP**

“With it we bless our Lord and Father, and with it we curse men, who have been made in the likeness of God. Out of the same mouth come both blessing and cursing. These things, my brothers, should not be this way [for we have a moral obligation to speak in a manner that reflects our fear of God and profound respect for His precepts].”

**James 3:9-10 AMP**

## Does God Forgive Me If I Cuss or Say Negative Things?

“Even before there is a word on my tongue [still unspoken], Behold, O Lord, You know it all.” **Psalms 139:4 AMP**

If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and promises], and will forgive our sins and cleanse us continually from all unrighteousness [our wrongdoing,

everything not in conformity with His will  
and purpose].

1 John 1:9 AMP

## **Open Discussion Questions**

### **How Do I Speak?**

1. Ok Sis, Be Honest After reading through these verses what does the way you speak say about your inner being (heart)?
2. Where does most of your negative talk come from? Is it in Defensiveness, Cursing, Negative Self Talk, Gossip, Talking to Others etc.?

### **Important Points**

- The Mouth reveals the true character of ourselves & others
  - Think Before You Speak Is A Biblical Principle

### **Why Should I Watch My Mouth?**

1. How do you feel about Matthew 12:33-34 posing the question "...How can you speak good things if you are evil?"
2. Why do you think we are told every careless & useless word we speak we will be held accountable for?

### **Important Points**

- There are recurring themes we see elsewhere in the Bible
- The word mentions several times there are no in between
  - Revelations 3:16 Hot or Cold
  - Joshua 24:15 Choose this day whom you will serve
  - Matthew 5:37 Let Your Yes be Yes & No Be No

3. With that being said, What do you get out of James 3:9-10?

## **How Can We Watch Our Mouths?**

1. Why do you think we are to guard our hearts in order to control our mouths?  
How do we guard our hearts?
2. How can the things we say harm us & those around us?

## **How Should We Speak?**

1. What is an example of what the Proverbs 31 woman could say to follow Proverbs 31:26?
2. What are some things someone could say to build you up when you are feeling down? At work? In your household? on a normal day?
3. Why do you think it's so important to God that every word we say is good for not only ourselves, but others?
  4. What does Proverbs 15:1 speak to your personal life?
  5. Do you Struggle with anything listed in Colossians 3:8-9?
  6. Is it hard for you to let your yes be yes & your no be no? Why if so?
  7. Why can't we speak well of God, but curse others?

## **Important Points**

- Our Words should be intentional, kind, build up & bless others.
- Loving Others as we love ourselves is the 2nd Greatest Commandment.
  - God is not the author of confusion. Yes Must be Yes.

## **Does God forgive me when I cuss or say negative things?**

Consider this: God knows everything you have done & will do, & if we go to Him admitting our sins, no matter what, He is faithful to forgive & continually cleanse us.

## **Personal Study**

### The Tongue

James 3:9-12

### God Forgives Us

1 John 1:6-10

### Two Greatest Commandments

Mark 12:30,31