

# *Pray Before You Say*

## Discussion Guide

### Opening Prayer

Begin by reciting together: "Oh Lord, put a guard over my mouth. Keep watch over the door of my lips." (Psalm 141:3)

### Key Takeaways

- 1.) Our words have tremendous power to build up or tear down.
- 2.) Controlling our tongue is crucial for loving God and others well.
- 3.) Prayer and love are essential for taming our speech.

### Discussion Questions

- 1.) The sermon mentions how words from childhood can still affect us. Share an experience where someone's words (positive or negative) had a lasting impact on you.
- 2.) James compares the tongue to a ship's rudder and a spark that starts a forest fire. How have you seen the power of words in your own life or in society?
- 3.) How does the idea of controlling a large horse with "a little bitty bit and a whole lot of love" relate to managing our speech?
- 4.) Discuss the connection between loving God, loving others, and controlling our speech. Why are these interconnected?
- 5.) What challenges do you face in "taming your tongue," especially in today's polarized environment?
- 6.) How can prayer help us use our words more wisely? Share any experiences where prayer has helped you in communication.

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### **Practical Applications**

- 1.) This week, practice the "pray before you say" approach. Before responding in a potentially difficult conversation, pause and say a quick prayer.
- 2.) Choose a verse about speech (like Psalm 141:3) to memorize and reflect on daily.
- 3.) Identify one relationship where you struggle with communication. Commit to focusing on "what is true, honorable, right, pure, lovely, and admirable" about that person this week.
- 4.) Keep a gratitude journal, noting things you're thankful for each day. How might this practice affect your speech?

### **Closing Reflection**

Spend a few minutes in silent reflection, asking God to reveal areas where you need growth in your speech. Close with a group prayer for wisdom and love in your words this week.