

## Week Three: Sticks & Stones, Words to Others

### Opening Prayer

*"Lord, as we come together today, we ask for Your guidance in our words and attitudes. Help us to listen with grace, speak with truth, and extend love in every conversation. May Your Spirit move within us as we seek to honor You in all that we say. Amen."*

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### Discussion Guide

**Head** (*How is God inviting me to think differently?*)

1. **Read James 1:19-27.** What stands out to you in this passage?
  2. How does anger interfere with the righteousness God desires in us?
  3. What is James teaching about the power of words to reflect our faith?
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**Heart** (*How is God reordering my heart?*)

1. Think of a time when words spoken in anger had lasting effects. What do you wish had been different in that moment?
  2. Pastor Jennifer talked about *pause, ponder, and pray*. On a scale of 1-10, how difficult is it for you to do this?
  3. How might the Holy Spirit help us when we feel ready to lash out?
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**Hands** (*What is God calling me to do?*)

1. Think of the challenge to engage in conflict differently:
  - Pause, Ponder, Pray
  - Stay on point and don't attack personal vulnerabilities.
  - Go to the person instead of to others.

Which one of these do you think you need to focus on most?

2. Is there anyone you need to ask for forgiveness for words you have said in anger?
  3. How is God inviting you to bring healing to wounds from words - either in your own life or in someone else's?
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## **Take it with You**

Our words are powerful tools. This week, let's strive to be intentional in what we say. Take a moment each day to pause, ponder, and pray, inviting God to guide your words. Let's seek the Holy Spirit's power to choose life over sarcasm, truth over criticism, and forgiveness over retaliation.

*Lord, guide my words today, that they may bring life, healing, and peace.*