

## Look Back:

What did you do to course correct and follow the path of the prudent this week?

## Look Up:

Read [Proverbs 18:21](#), [10:11](#) and [James 3:5-6](#)

1. Why does the author say that the “tongue” has the power of life and death? How easy is it for you to accept and apply this in your life?
2. Proverbs 10:11 says our words are a “fountain of life” - how have you experienced this personally in your life?
3. James 3 warns us of the destructive power of the tongue. How does this apply to the unspoken words you say to yourself about yourself?

Read [Proverbs 12:13-14](#) and [13:3](#)

4. What do these verses have in common? What warnings and advice does the author give people today?
5. What do these verses say we can do to avoid being “trapped” by our words? How easy is this for you to apply in your life?

Read [Proverbs 15:4](#) and [16:24](#)

6. What are some “gentle” or “kind” words that you need to say to yourself, about yourself right now? What keeps you from confidently believing that God sees you this way?

## Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

## Look Ahead:

What are some of the most harmful things you tend to say to yourself? Replace those things with wise, kind or gentle thoughts and words this week.

## Notes

*Our words have the power of life and death. While we typically think of the damage our words can do to others, it also applies to the things we say about ourselves to ourselves. We can experience the power of life in our words when we learn to trust Jesus with our thoughts and words - about others and ourselves.*

