

# Out of Destruction-Into Construction

OUT OF / INTO

[words]

Proverbs 17.27-28

Think about the power of words. Describe a time when words absolutely destroyed you. How about a time when words built you up?

Ecclesiastes 5.3

Ecclesiastes 10.12  
Gas cans

Which is easier to do with our words; destroy or build? Why?

Psalm 64.3  
Swords and arrows

Talk about a time when you were like a gas can with your words. Why is it so difficult to just be quiet?

Proverbs 18.8  
Morsels

Words are like arrows, once we let them go, we can't take them back. If we can't take them back, why are we so careless with them?

Ephesians 4.29  
Septic

What is it about gossip that is so appealing? Why is it so difficult to put an end to it?

Describe what it means for our words to be septic. Why are we so prone to taking something beautiful and trashing it, like we do with our words?

Going Deeper—Living it Out

[putting it together]  
Ephesians 4.22-24

Maybe the most destructive words we speak are the words we speak to ourselves. What do you think about this idea? What can we do about it?

James 3.9-12

Philippians 4.7

So, how do we overcome our destructive patterns of communication?

Proverbs 18.4

What do the words we speak indicate about our hearts?

Genesis 1

If our words indicate what's going on in our hearts, what needs to happen in our hearts if we are going to seek to use our words to bring life rather than destroy life?

[big questions]

Do my words tend to destroy or build up?

In light of the words I speak, what's really going on in me?

What if the most destructive words in my life are the one's I speak to myself?

How can I let Jesus' words of life speak life into me?

OUT OF / INTO

Going Deeper—Living it Out

## MEMORIZE THIS!

The words of a man's mouth are deep waters, but the fountain of wisdom is a bubbling brook.

-Proverbs 18.4 (NIV)