

I DOUBT IT – LIFE Group Study Guide

MOTHERS WHO SHAPED MY LIFE

Pastor Miles McPherson – May 8, 2016



Introduction:

This week we're taking a detour from the I Doubt It series and will explore the power of our words in building relationships. We were created to have relationship with God and relationship with each other. Our words and conversations are one of the primary ways we build those relationships. What we say can profoundly affect others (our families, coworkers, friends, etc.) and ourselves. We see daily what effect words have when we listen to the TV/radio and can be brought to tears or laughter just by what we hear. And what about when we hear someone say something about us - aren't the words immediately felt in our hearts? Our words are very powerful. They have the ability to heal/bless and they have the ability to harm/curse.

Opening Discussion:

1. Who are the mothers who shaped your life, and what legacy did they leave in you?

Bible Study:

Many scriptures address the use of the tongue. In the following passage James (the brother of Jesus) was speaking to his fellow Christians and imploring them to think about what they were saying.

→ Read James 1:19-22 & 26

2. What does anger have to do with the way we use our words?
3. What kind of excuses do you use to justify using harsh or hurtful words?
4. What does James say we are doing when our words are not helpful? (v22)

In Ephesians 4, the Apostle Paul lays out how to successfully live in the family of God. Let's process together what he has to say about how we treat each other with our words.

→ Read Ephesians 4:29-32

5. If you could only use words to build up, how would it change your conversation?
6. Who have you been using words with that haven't built them up?
7. Why do our negative words grieve the Holy Spirit?
8. What kinds of words and attitudes do you need to repent of?

Apply it to Your Life:

Take 3 minutes of silence – confess the improper use of your words, case by case to the Lord, asking him to forgive you.

Will you commit to surrendering your words to the Lord? Consider this prayer of King David from Psalm 19:14, *"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer."*

Prayer Time:

Pray the following together out loud as a group:

Father, in the Name of Jesus, I make a commitment to you today to take control of what I say - to others and to myself. I choose today to dedicate my mouth and my words to you, and ask the Holy Spirit to guide me into healthy, wholesome speech patterns that will bless and bring life. I want to be a blessing to myself and others and ultimately to bring you glory. I renounce, reject and repent of every word that has ever proceeded out of my mouth against you God and against the people in my life.

Father, your words are life-giving; they are spirit and life. I desire your word to dwell in me. I ask that the power of God be released within me by the words of my mouth and the Word of God. I ask that my words become words of power, words of love, words of faith and words of life. I thank you Father and believe you have heard me. May you be glorified! In Jesus' name, Amen!

Take it Home:

Memorize: Psalm 19:14, and make it a daily prayer to God: *"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer."*

→ Read James 3:2-10

- Think back over the last couple of days. What impact have your conversations had on your relationships with others? What impact did they have on you?

Pray: that your words will reflect God's heart and transform your heart:

Galatians 5:22-23 - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control

Colossians 3:12-17- clothe us with a heart of compassion, kindness, humility, gentleness, patience, forgiveness, love

LIFE Group Leader Tip of the Week:

➤ ENLIST A CO-LEADER:

- Be on the lookout for one or two faithful people in your group that you could share leadership responsibilities with.
- A Co-Leader has a desire to grow in their faith and leadership abilities. They love God and people. Co-Leaders serve under a LIFE Group leader for at least one season, gaining experience in a hands-on approach. They should look for ways to step up in a leadership capacity by assisting or taking over certain responsibilities within the group. Most Co-Leaders launch their own groups within six months or a year, however some may consider a longer time frame.

What do Co-Leaders Do?

- ☐ Spend time with God daily
- ☐ Pray for each group member daily
- ☐ Review the lesson before group meeting
- ☐ Connect with group leaders each week
- ☐ Develop encouraging relationships with members in the group
- ☐ Share group responsibilities such as prayer, icebreaker, snacks, leading the discussion, or planning activities and outreaches
- ☐ Complete the LIFE Class
- ☐ Attend LIFE Group Leader training

