

**Sticks and Stones**  
**Week 2: The Pain of Words**  
**November 20th, 2022**

***OPENING PRAYER***

Have someone in the group invite the Holy Spirit into our presence. Pray for your encounter with God's Word. Ask God to open your heart and mind to some new understanding and especially to a new way of applying this truth in our daily lives.

***SMALL GROUP GUIDELINES***

~Safe Group	~Silence	~Sharing
~Confidentiality	~No Cross Talk	~Self-Aware
~Listen	~No Fixing	~"I" Statements
~Pause	~No Rescuing	~Handle Conflict Biblically

***"GETTING TO KNOW YOU"***

Go around the room and briefly share your answer to the following question:

**This is Thanksgiving week, take a moment and share what you are thankful for.**

***INTRODUCTION***

We continue with our series **Sticks and Stones** this week. We started last week by looking at the fact that words have tremendous power. Words create worlds. Let's move into our second week by looking at how the power of words can be used in damaging ways. Our message is **The Pain of Words**.

**THIS WEEK'S KEY SCRIPTURE: James 1, 3, Galatians 5, Ephesians 5**

**DISCUSSION:**

Go around the room and share from your heart, remembering the group guidelines.

Pastor Heather shared 3 Word Skills to Master:

**1. When to Shut Up**

Read James 1:19 together as a group.

- How are you doing with this verse in your life?
- When have you done damage with your words by not following this advice in James?
- When have you been on the receiving end of words that have caused you pain?

**The Holy Spirit transforms our words by giving us self-control. Rather than outbursts of anger, we can choose kindness.**

\*Pastor Heather shared 7 seeds of poisoned fruit: Lying, Sowing Discord, Gossip, God's Name in Vain, Filthy Language, Pessimism, Speaking Curses.

- As a group, speak to these and which ones you struggle with.

**2. When to Speak Up**

- What is something that you wish someone would have said, or what is something someone always said that has had an impact on you?
- Why is it important to speak our mission and vision as a church?

**3. When to Rise Up**

Read Galatians 3:13 together as a group.

- How has what Jesus did for you changed the negative words in your life?
- What words have others used, or even more importantly, that you use to define yourself that need to allow Him to change?

**CLOSING PRAYER:** Spend some time in prayer as a group. Pray for one another, for those that might be absent and for prayer requests.