



LEADER PREP

GOAL OF SMALL GROUP

To help students understand that what we say matters. For students to reflect on the words they are saying and listening to in their friendships.

MAIN POINT

A good friend's words are trustworthy....be a good friend.

MAIN SCRIPTURE

Proverbs 11:13, Ephesians 4:29 + Psalm 141:3 NLT

THINK ABOUT THIS

Your words matter to your students. The teenage years can be a particularly rough time as students are discovering who they are and wondering if they matter. **How as a leader can you intentionally focus on building your students up with your words? How can you remind your students in every conversation that they matter? Proverbs 18:21a says,** "The tongue has the power of life and death..." Take some time to reflect and pray this week on how you can keep growing in using your words to build your students up, remind them they matter, and encourage them that they are uniquely created, loved and given purpose by God. For example, does one of your students have a quirk or talent that makes you smile? Let them know you are glad God created them that way!

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel

like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.

DISCUSSION GUIDE

GET THEM TALKING

- Share your highs and lows from the week.
- Why do you think words can be so powerful?
- Someone recap the main point of the message in your own words.
- Do you feel you can trust a friend who gossips a lot? Why or why not?

INTO THE WORD

READ Proverbs 11:13 and Ephesians 4:29 and answer the following questions:

- Why do these verses encourage us to use our words?
- In what ways do these verses encourage us NOT to use our words?
- What is so tempting about gossiping or using foul language sometimes?
- How can we lean on God to help us use our words wisely?
- What are ways we can use our words to be good friends?

NEXT STEP

- Read Psalm 141:3 together. Encourage your students to write this down and put it somewhere they will see it daily (fridge, mirror, phone lockscreen, etc).
- Can you all challenge and encourage each other as a group to memorize this verse this week?

PRAYER GUIDE

We are going to close in prayer. Prayer requests?

MAIN SCRIPTURE

Scripture is provided for convenience, but we prefer you and your students open your Bibles to read the Scripture. This helps your students learn how to find Scripture in their Bibles and where these verses are in the larger context of God's Word.

Proverbs 11:13 NLT

A gossip goes around telling secrets, but those who are trustworthy can keep a confidence.

Ephesians 4:29 NLT

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Psalms 141:3 NLT

Take control of what I say, O Lord, and guard my lips.