



MOVEMENT

Week 5

BREAKING THE ICE

What is your must-do fall activity? Have you had a chance to participate in that activity yet?

What did God show you through your James reading this week? How can you incorporate it into your life?

What made it on your next right things list this week? How have you engaged with God to help you do the next right things?

MAIN CONTENT

This week Pastor Kevin was back to continue our study in James. Pastor Kevin started the message by telling us the importance of our words and how words are powerful.

1. Talk about a time when someone gave you encouraging, powerful words. How did that affect you? How did it make you feel?

Our words create worlds for people. Pastor Kevin talked about a sentence a Pastor told him, "You have a gift, you should do more of that." Words matter. The words God says over us are more powerful than what anyone else can say about us.

2. What are some words God has said over you? How can you lean into those truths to know who He has created you to be?

Read Proverbs 18:21 and Matthew 12:36

3. How do you use your words? Do they bring harmony or do they bring chaos? Are they helpful or are they hurtful? How does knowing you are accountable for your words affect what you say?

Read James 3:1-18

James tells us we all stumble. No one is immune to messing up. He also reminds us that controlling the words of our mouths helps us control the rest of our bodies.

There are a few things we can remember from James Chapter 3. The first thing is that our words are powerful.

The second thing James reminds us of is that we are unable to tame our tongues by our power alone. We can praise God and then get in a fight right after that. We need God to help us with our words.

4. How have you tried to change your speech in the past? How hard was it on your own?

The third thing James wants us to recognize is our words are a reflection of what is going on in our hearts. Jesus wants to take our hearts of envy and bitterness and give us a heart of gratitude and peace.

5. How do you need to take a look inside your heart to see what's really going on in there?

One of the two things we can do to help us walk in spiritual maturity is to practice quick repentance. When you feel bad or guilty about something you did you need to quickly repent and say sorry. When we repent quickly we own our mistakes and make things right.

6. Who is an example of someone who practices quick repentance in your life? What can you learn from them on how to practice quick repentance?

The second thing we can do to help us walk in spiritual maturity is to reverse gossip. Gossip is when you talk about somebody with somebody else when neither of you are part of the problem or solution. Speaking positive and encouraging words about someone reverses gossip. We can choose to not say anything at all or to speak positively about them (reverse gossip).

7. How often do you choose reverse gossip over actual gossip? Are there relationships in your life where you need to start practicing reverse gossip instead of actual gossip?

CLOSING PRAYER

God thank you for what you teach us in the Bible, for showing us that our words matter. That we can use our words to speak love or hurtful things. Help us see how our words affect others. Show us where our words are an indication of what's going on in our hearts. Change our hearts, Jesus, and convict us of the things that don't belong there. Help us to use our words for good, to repent quickly and to reverse gossip.

ACTION STEP

+ Follow along with the James reading plan this week and the Movement Podcast. Go to crosspoint.tv/movement for all the information.

+ Practice quick repentance this week. When you know you messed up, admit it and ask for forgiveness.

+ Choose to reverse gossip this week. When someone starts talking about someone else, choose to say good things about that person instead of engaging in gossip.