

Sermon Based Small Group Guide

For January 2, 2022 sermon:

"Sticks and stones may break my bones"

Warm up:

1. For many, 2021 was a pretty tough year. What did God teach you about Himself, about the Church and about yourself last year?
2. There are words spoken to us (harsh or loving) that stick with us for years. What are some words spoken to you that had a lasting impact (for good or bad)? How did they impact you?

Digging deeper: (20-30 minutes)

1. The Book of Proverbs has dozens of verses about the life-giving and soul-crushing impact of words on people. Read the Proverbs listed and discuss what they say about the "power of death" or "power of life" impact of words:

Proverbs 10:19

Proverbs 11:13

Proverbs 12:18

Proverbs 12:19

Proverbs 13:3

Proverbs 14:25

Proverbs 15:1

2. Gossip, slander and rumors are some of the most destructive things people do with their words. Read [Romans 1:28-20](#) to understand that God puts these "sins of the tongue" in with a strong list of things that show when someone has a dangerous disregard for God's truth. Then read these proverbs passages and discuss what they say about gossip, slander and rumors.

Proverbs 16:28

Proverbs 17:9

Proverbs 18:8

Proverbs 20:19

Proverbs 26:20

3. Lots of people who would NEVER get into a physical fight get into verbal fights all the time. Both are dangerous! Read [1 Peter 3:8-11](#) and talk about the guidance it gives us about having healthy relationships with each other.

Apply it: (10 minutes)

Close your time together with a sharing of requests and needs before praying together. Is there a relationship that needs healing? Any struggles with words that you want your group to pray with you about?