

## Study Guide for the Week of May 4, 2008

*This study guide is designed to help you to become more familiar with the Bible. Study these passages on your own, with a friend, or with a group. If you or someone you know needs a Bible, please take one from under a chair in the Worship Center. They are there for you to take home and use! Sermon manuscripts are available at [www.spwired.com](http://www.spwired.com).*

**Monday, May 5. Read James 3:1-12 in the New Testament.** Practice memorizing James 3:10, our memory verse for this week. Look at what you wrote down on your tongue depressor in worship yesterday. One side was one way that your words demonstrate a spiritual disease of the heart. Have you asked God to heal you? How do you plan to change your words as a result? The other side of the tongue depressor was to name someone that you would encourage or bless with your words. How is that going?

**Tuesday, May 6. Read Matthew 12:22-24, 33-37 and 7:1-2 in the New Testament.** One of the most damaging ways we use our tongues is by judging others. In Matthew 12, Jesus is speaking to Pharisees who have judged him as coming from the devil. His response is good actions come from a good heart...evil actions from an evil heart. The same is true of our words. Words of judgment about others come from a malice that resides in our heart. What does Jesus teach about judgment in chapter 7? Examine your words. What kind of words do and do not come from a good heart?

**Wednesday, May 7. Read Proverbs 26:20-28 in the Old Testament.** One of the issues of the tongue that Mark spoke about on Sunday was gossip. In what ways do you participate in gossip? Is it really harmless? What does it feel like when you know people are gossiping about you? Have you been caught gossiping about someone else? What kind of mess does that create? What does participating in gossip say about you?

**Thursday, May 8. Read Exodus 14:10-12, 16:2-3, & 17:1-3 in the Old Testament.** Another tongue issue Mark spoke about was grumbling. Here it is – boom, boom, boom in Exodus. Gripe, grumble, and complain. How are you doing with this one? Have you caught yourself grumbling this week? Has it served any good? The antidote to grumbling is gratitude! **Read Philippians 4:4-9 and I Thessalonians 5:16-18.** Practice gratitude today!

**Friday, May 9. Read Proverbs 12:18 and 15:4 in the Old Testament and Philippians 1:3-11.** We were challenged this week to use our words in ways that build up God's Kingdom. Who have you blessed or encouraged with your words this week? Listen to the power in the words of Paul as he blesses the church in Philippi. Don't wimp out about blessing others with your words. There is real power and strength in sincere words to empower and enable others to hold onto and better live out their faith. How have someone else's encouraging words empowered your life?