

SERMON SERIES: Words Matter

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Sermon Title

“Weight of Our Words”

Introduction

This week, we continued our series called **Words Matter**. We spend so much of our lives communicating. We talk, text, email, post, comment, etc. And it is easy to focus on the quantity of our words and miss out on the importance of the quality of our words. The words that we choose to use communicate more than just their definition, but are a reflection of our heart and our faith. This week, we focused on the weight our words can carry, and how it is up to us to use that weight to bring salt and light into the world, not to destroy. To get started this week, answer this icebreaker question with your group:

- Whose words carry the most weight in your life? Why is that?

Seek the Word

Read Proverbs 21:23 aloud, then answer the questions below:

- What are the situations you encounter that lead you to having an unguarded tongue? Are there specific people or circumstances that lead you to speak in harsh ways as an instinct?
- Why do you think Solomon uses such a drastic word like “calamity” (NIV)? Can you think of a scenario where the wrong words used led to a very destructive and calamitous outcome?

Read 1 Thessalonians 5:11 aloud, then answer the questions below:

- Who have you been encouraging this week, following along with the “Watch Your Mouth” challenge?
- What sort of outcomes have you seen either in yourself or that person because of your encouragement?

Read Matthew 5:13-16 aloud, then answer the questions below:

- Would you consider your last week to be exceptionally “salty” or full of “light”, specifically in the words you used?
- How does the command to be salt and light affect your perception of the weight of your words?

Go Deeper

How often do you consider the weight of your words? When you look at your closest relationships (spouse, kids, parents, friends, etc), where do you find yourself throwing that *weight* around in harsh and destructive ways? Are there conversations that you had this week where you spoke words to/over someone, that you know carried a lot of weight, that impacted that person in a negative way? Share that with the group, and make a commitment this week to remedy that situation, and speak life into that person.

Talk About It

- Emotionally charged scenarios are often where we use our harshest words. What needs to change in your view of your circumstances to enter into those scenarios with a focus on using “life-giving” words, not destructive ones?
- Who are three people in your life that you think would consider your words especially “weighty”? Do you handle that responsibility well and wisely? What areas of growth need to be addressed to bring more life to those relationships?
- Ephesians 4:29 says, “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” As a representative of Jesus in the world around you, what is some of the “unwholesome” talk that you need to purge from your vocabulary to better build people up?

Wrap Up

Reminder: The *source* of our words determines the *weight*, the *weight* determines the *impact*, and the *impact* determines the *outcome*. We have been blessed with an enormous task by God, to speak life and encouragement into the world around us. There are people that we come into contact with every day who receive our words with an extra weight to them. And as followers of Christ, we have to be extremely focused on how we are using the weight of our words. The people around us should be able to see the Savior we love and represent when they hear the words coming out of our mouths. **Words Matter**, and we ought to treat this responsibility as seriously as we can, to bring salt and light into a world of darkness.

Challenge: Participate in our Daily *Watch Your Mouth Challenge*. Each day, find 3 people to encourage and speak life into, 2 moments where you can express gratitude to/for someone, and each day read, reflect, and pray Psalm 19:14 “May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

Prayer: As you close in prayer, ask God for wisdom in the words that you speak. Ask Him for the strength and conviction to use your words wisely, to build others up and not tear them down, to bring salt and light, not death and darkness. Thank Him for the gift of close relationship with Him and others, and commit yourselves, to God, to speak life into those relationships this week.