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DATE: August 2, 2026
SERIES TITLE: The Wiser Way
Sermon Title: Watch Your Words

Introduction

This week, we continue our series, “The Wiser Way.” Everyone wants a better life, but not everyone chooses the wiser way. The book of Proverbs shows us that wisdom isn’t just knowledge, it’s a way of living that leads to life, clarity, and direction. In this series, we’ll explore where wisdom begins, how to guard your heart, why your words matter, what it means to trust God, and how discipline shapes your future.

Main Idea: Our words carry the power to build up or tear down. Wise speech flows not just from self-control but from a heart transformed by Jesus. God calls us to listen well, speak intentionally, and use our words to give life—especially during moments of pressure.

Key Scriptures: Proverbs 18:21

Share a memorable moment when someone’s words—whether positive or negative—stuck with you. How did it affect you?

DISCUSSION

The Power of Words

Read Proverbs 18:21 and Proverbs 15:4 together.

- The Bible says, “The tongue has the power of life and death” and that “the soothing tongue is a tree of life.” What are some ways you’ve seen words bring healing or harm in your family, at work, or among friends?
- Proverbs 12:18 adds, “The words of the reckless pierce like swords, but the tongue of the wise brings healing.” When have you experienced or witnessed words bringing healing instead of harm? What made the difference in those situations?
- What are some words (positive or negative) that have stuck with you for years? Why do you think we remember words so deeply?

Listening, Not Just Speaking

Read Proverbs 18:2-3 and James 1:19.

- Why do you think it’s so much easier to speak quickly or share our opinions than to listen and understand first?
- Proverbs 17:27 says, “The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered.” How does restraint in our words relate to wisdom? What are some practical ways to slow down and truly listen in difficult moments?
- Share about a recent conversation where you wish you had listened more before speaking. What could have changed if you had?

What Comes Out When Pressured?

Read Matthew 12:34 and James 3:8.

- Jesus says, “For the mouth speaks what the heart is full of.” In what situations do you find it hardest to control your words? What do those moments reveal about what’s really in your heart?
- James writes, “No human being can tame the tongue.” Why is self-control alone not enough to change how we speak? Why do we need a heart change?
- Galatians 5:22-23 describes the “fruit of the Spirit,” including patience, kindness, and self-control. How can you invite the Holy Spirit to shape your heart and your words in stressful situations?

Words That Build Up

Read Ephesians 4:29 and Colossians 4:6 together.

- Paul urges us to speak “only what is helpful for building others up according to their needs” and to let our conversation be “always full of grace, seasoned with salt.” What does it look like to speak in ways that are both honest and gracious?
- When have you seen someone speak a hard truth with grace and encouragement? What was the outcome?
- How can you be intentional this week to use your words to build up someone in your home, workplace, or community?

Heart Transformation

Read Ezekiel 36:26 and Psalm 141:3.

- God promises, “I will give you a new heart... I will remove from you your heart of stone and give you a heart of flesh.” What does it look like to let God transform your heart so that your words change too?
- The psalmist prays, “Set a guard over my mouth, Lord; keep watch over the door of my lips.” How might praying this prayer each day change the way you speak?
- Where do you most need God’s help—in your home, with friends, at work? How can this group support you in that area?

CLOSING

- Invite each person to share one thing they want to do differently with their words this week.
- Close by reading Psalm 141:3 aloud as a group prayer.