



"Taming a Toxic Tongue"

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He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

Proverbs 17:27

LifeGroup Questions:

1. In your own words, describe the communication principle that is taught in each of the following verses: Proverbs 12:15, 18, 19, 25; 15:1, 4, 23; 16:27, 28, 32.
2. Look at Ephesians 4:25-32 and list several principles of good communication.
3. Which of these principles help us become better at resolving conflicts? How?
4. Read Matthew 12:34-37. What is the connection between words and hearts?
5. When our hearts are under the control of the Holy Spirit, what will be the evidence in our words? See Ephesians 5:18-21 for further study.