



spiritual adult

DISCIPLE ME

TRACK 2: DEVELOPING OTHERS

SPEAKING LIFE

ICEBREAKER: THE PHRASE YOU ALWAYS SAY

Take a moment and think about a phrase you say all the time. Maybe it's, *"That's crazy."* Or *"Just do the thing."* Maybe for you it's, *"It is what it is,"* or *"I'm just saying,"* or even *"Drink more water."* We all have default catchphrases that slip out without much thought. What's yours? Share it with the group.

- **What might that phrase communicate about you?**
- **What tone does it set?**
- **What might it reveal about your heart or how you tend to respond to situations?**

STUDY: THE POWER OF WORDS

Sometimes our words come out without us even thinking. They're automatic. Default. Almost unconscious. And yet - they communicate something. About our tone. About our attitude. About what's happening in our hearts.

The truth is, we rarely plan our words - but our words are constantly shaping people. Some phrases shrink a room. Some words galvanize a community. Some phrases cut deep to our core, while other phrases strengthen and give courage. And here's the part that matters for us as we grow:

If we are moving from being influenced... to becoming an influence... then our words can't stay on autopilot. Scripture says something bold about this. It doesn't say words are neutral. It doesn't say they're harmless. It says they carry power.

Proverbs 18:21 says that *"the tongue has the power of life and death"*.













- Can you think of a time when someone's words deeply encouraged you? What did they say - and why did it stick?
- Have you ever been wounded by something someone said? How long did it stay with you?
- What kind of words tend to affect you the most — criticism, affirmation, sarcasm, silence?

It's striking how often the Bible addresses the power of our words. The Book of Proverbs alone mentions the tongue, speech, lips, or words more than 150 times. Across all of Scripture, references to speaking, words, the mouth, or the tongue appear well over 1,000 times. That's not accidental. From creation - where God speaks the world into existence - to James comparing the tongue to a fire that can set an entire forest ablaze, the Bible consistently reminds us that words are never neutral. They shape identity. They direct relationships. They reveal the heart. If Scripture returns to this theme again and again, it's because God knows how deeply our words form the people around us.

ACTIVITY: BANKING ON SCRIPTURE

Read the passages in the "Scripture Bank," and after each one, connect it to one of the images below. Use these images to help you visualize what the verse is communicating about the power of words. Let the imagery sharpen your understanding of the power of your words.

SCRIPTURE BANK:

Luke 6:45	Prov. 12:18	James 3:5-6	Matt, 12:33	Eph. 4:29	Prov. 16:24
Prov. 18:4	Matt. 12:36-37	James 3:2-4	Psalms 64:3	Prov. 12:25	James 1:23
					
					
					

CHALLENGE: COMPLAINT LOG

One of our favorite leadership maxims says, **"If you're complaining, you're not leading."** Complaining is easy. It costs nothing. Leadership, on the other hand, requires ownership. Spiritual Adults still feel frustration - but instead of criticizing from the sidelines, they step up and use their words and influence to make a difference.

This week, your challenge is simple - but revealing: Keep a **Complaint Log**. Every time you feel tempted to complain — about school, work, friends, family, church, or even yourself — write it down. Don't excuse it. Just track it. At the end of the week, look for patterns: What do I complain about most? Where could I have led instead? What action could replace this complaint? Then choose one repeated complaint and take one practical step to improve it. Because Spiritual Adults don't just point out problems. They build solutions.