

SERMON NOTES

July 9-10, 2022

Memory Verse & Prayer:

Let the words of my mouth and the meditation of my heart be acceptable to you,
O Lord, my rock and my redeemer. - *Psalms 19:14*

1. Words have _____.

2. The tongue is like a wild animal that can't be _____. **James 3:2-8**

3. Words shape _____.

4. Words shape _____.

5. Words set off _____.

6. With our words we are either _____ or _____.

James 3:2-8

- Will these words encourage?
- Will they build up?
- Are they honest?
- Will they fill a void of emptiness?
- Do they communicate the best interests of the person to whom I am speaking?
- Are they acceptable to God because they align with God's ultimate command to love?

Life Steps

How Do I: Build Others Up? | July 9 & 10, 2022

Monday

Psalms 19:14

Begin this week with a plan for an inventory of how you speak to yourself. What do you say about yourself and others in your thoughts? Begin to correct any negative or destructive language. Use a rubber band around your wrist or some other way to physically note the instances where you need to correct your thinking. *Memory Verse & Prayer—Psalm 19:14*

Tuesday

Proverbs 22:17-19

"Incline your ear and hear..." Today, make several opportunities to pray Psalm 19:14 and then follow that prayer with silent prayer, with a posture of listening. Don't fight thoughts that come into your mind, just note them and let them pass. How long are you able to sustain the practice of silent prayer? We should be slow to speak and quick to listen in our conversations with God, too. *Memory Verse & Prayer—Psalm 19:14*

Wednesday

John 13:35

We share messages not just with our tongues, but with our T-shirts, bumper stickers, mugs, signs in our homes and in our yards, etc. What does John say is the sign of a Christian? What are you communicating through your swag— Does it reflect the nature of God or is it divisive and destructive? *Memory Verse & Prayer—Psalm 19:14*

Thursday

Galatians 5:22-23

Reflect on the fruits of the spirit as shared in today's Galatians reading. What does life look like as you see yourself practicing love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control? Identify times where you showed each of these. Choose one to give extra practice to today. *Memory Verse & Prayer—Psalm 19:14*

Friday

Genesis 1:27

Understanding that people are created in the image of God is central to how you view and treat others. Recognize that your opponent is not necessarily your enemy. Pray for difficult people in your life today... not that they'll change, but that you'll change how you think and speak of them. *Memory Verse & Prayer—Psalm 19:14*

Saturday

Jeremiah 29:11

God's desire is that we live physically, emotionally, spiritually healthy and prosperous lives. While physical health is temporary for all of us, spiritual and emotional health can last a lifetime. Destructive thoughts and chronic negativity eat away at our well-being. Emotional baggage weighs us down and makes us sick. What do you need to let go of so you can forgive and move on to live a joy-filled life again? *Memory Verse & Prayer—Psalm 19:14*

Sunday

1 Thessalonians 5:18

We are instructed in Scripture to, "give thanks in all circumstances." It's difficult to be negative and destructive when giving thanks in your life. Time yourself to see how long it takes you to list 10 things you're thankful for. Can you list 20 or more? What would your life be like if this were a daily practice in good times and in bad?

Memory Verse & Prayer—Psalm 19:14