

LIFE & DEATH

Ice Breaker _____

Game/activity _____

Leaders Outline:

To encourage our young people to understand and acknowledge that what we deposit into our hearts will come out of our mouths; that our words have power, for good and for bad. And to affirm who they are in Christ, through the truth of His word.

Q What does this mean? "Sticks and stones may break my bones but words will never hurt me!"

True Account...

"At school I had often let people call me bad names. I would joke along with them and even call myself stupid names just to make them laugh. One day, I thought about what I wanted in life and the one thing that I most wanted was respect. I got sick of people calling me names because even though I laughed along, they wounded me every time. When I couldn't put up with it any longer, I started standing up for myself and telling people off for calling me names. I didn't let anyone say anything bad about my family of me anymore. Since then, my self-esteem has greatly improved.

I guess in my life I have discovered that what I deposit in my heart will come out of my mouth. When I started to like and even love who God made me to be, words of confidence and truth flowed out of my mouth. The more I deposited God's truth in my heart instead of the opinions of others, the more satisfied and happy I was to just be me. The more I planted God's words of life and destiny in my heart, the more masks were peeled from my life.

I have discovered that life and death really do flow from our hearts and out of our mouths creating the worlds that we individually live in. And at the end of the day, it's always my choice what goes into my heart and out of my mouth."

Q What truth does this story help us to realise?

Q What are the greatest influences over our hearts? What kind of stuff goes in, and what are the results?

Activity...

As a LG, fill in the table following. Try and think about the differences between girl and guy groups as well as in general. (**Leaders:** try to think also about positive influences like the Bible, worship, LG discussion, etc.)

Date you did this study _____

Leaders' Notes

- Q Do you agree that what goes into our hearts, through what we say, do and listen to comes out of our mouths eventually?
- Q What do young people who want to make a difference in their world do with the stuff that goes into their hearts?

Read the following passages:

- Matthew 15:10-20
- Proverbs 15:28
- Ephesians 4:29-32

James 3:7-10 (The Message)

You can tame a tiger, but you can't tame a tongue – it's never been done. The tongue runs wild, a wonton killer. With our tongues we bless God our Father; with the same tongue we curse the very men and women He made in His image. Curses and blessings out of the same mouth!"

- Q That's some serious stuff! How does, what comes out of our mouths tie in with our life as a disciple of Christ?

Leader:

Encourage open sharing in the group about the area that's hardest for them to control their tongue in, e.g. outbursts of verbal anger, name calling, gossip, lying, answering back to parents or teachers, etc.

Personal Application:

The Holy Spirit is our helper, what is an area that you would like His help in this week? **Leader:** share about how the Holy Spirit will come alongside and prompt you to stop whatever it is you are doing, or encourage you to say something nice. He will activate your conscience so you know when you're doing something that violates your commitment to the Word of God and your commitment to personal growth.