



## Walking in Integrity and guarding the tongue

### 1. Wounding words

### 2. Worthy words

## 1. Review

On Sunday we looked at how Psalm 15 provides a biblical understanding of how to walk with authenticity and guard our tongues with the correct use of words.

**We were called to repent of any tendency to be negative or critical in the way we talk about the church or people behind their back.**

## 2. Read

- **Psalm 15**

### 2.1 Wounding words

- Words matter
- Don't have an evaluative trip-advisor response to our meetings
- Slander is a snare to the soul
- It damages our neighbour – when we criticize the body, we criticize Jesus

### 2.2 Worthy words

- Building a culture of honour
- Praise other people
- Be true to your own words

## 3. Reflect

- What evidence does this psalm suggest as being a test of a true worshipper – are you surprised or challenged by David's definition that a true worshipper demonstrates integrity through how they speak about others?
- What is your tendency to use wounding words? Did you repent of this?
- How can we use worthy words to honor our sisters and brothers? How can we grow in this?
- How can we praise our brothers and sisters for the good we see in them?
- How do we build a culture of honor and praise that is not superficial or patronizing in our small groups?
- How did Jesus model this for us? And how can the Holy Spirit help us in this?

## 4. Respond

As a group spend some time in prayer and reflection on what you have learned and come into the presence of God. Allow the Holy Spirit to use your gifts to encourage and bless each other.

Take some time as a group to allow the Holy Spirit to minister in to any areas where you need to say sorry and/or embrace how you can be more like Jesus in this way.

## 5. Reach

How can living this out impact the non-believers around us? How different can you be as you witness to this in the world?