

PRACTICALLY SPEAKING

BIBLICAL WISDOM
FOR LIFE

“FOR EVERYDAY USE”

Speak Life

April 12, 2026

Questions for Study and Group Discussion

*** Before you begin, please read Proverbs 18:21 as a group.*

1. What is one sentence someone spoke over you that has stayed with you for years? How did it shape you?
2. In what situations are you most likely to speak “death” rather than life (home, work, stress, conflict)?
3. Which category from Proverbs (truth, control, gentleness, etc.) do you struggle with most right now? Why?
4. How have your own words created the environment you currently live in relationally?
5. What does your self-talk sound like? Is it more life-giving or condemning?
6. When was the last time you intentionally spoke life into someone? What happened?
7. According to James 3:1-12, why is controlling the tongue so difficult? What does that reveal about the heart?
8. What other questions or comments do you have about what you’ve looked at in the Bible today?
9. What was your biggest take-away from the message? Why?
10. What is one practical change you can make this week to speak more life into your family, workplace, or friendships?
11. **Challenge:** Memorize Proverbs 18:21: “The tongue has the power of life and death, and those who love it will eat its fruit.”