



Ridge Group Lesson “Toxic Words” – June 8, 2014

Getting Started

How often did you SWITCH your bracelet this week? Did you catch yourself having toxic thoughts?

For you personally, which one do you struggle with the most, Toxic Thoughts or Toxic Words?

Digging Deeper

Read James 3:2-8

Why do you think that the tongue holds so much power in our lives?

James says that, “no man can tame the tongue.” How do we begin to try to tame our tongue?

Read Ephesians 4:29

When you read this verse, what is the first thing that comes to your mind?

What are some things that are “helpful for building others up.”

Bringing It Home

Did you grow up in a home where encouraging words were spoken? How did that affect you as you grew up?

Why is it important as Christians to monitor the words that we say?

How can we stop ourselves from speaking toxic words?

Spend some time praying together as a group.