



## Part Four: How to Speak with Power // Jeff Brodie // August 30, 2020

One thing that has become clear in this series is that power is a big part of control. What we do when we have it, and what we do when we don't. But you can't talk about control and power without talking about our words. Words are powerful, and we all have the ability to say things to the people around us in our lives and on our social media platforms. Words shape people, and they impact relationships. How do you use the power of your words to influence and inspire, rather than to control and discourage?

**Scripture:** [James 3:2-12 NLT](#)

**Bottom Line:** Your words create the tone of your legacy.

### Getting Started:

1. Jeff shared how the words spoken to us shape us. Is there someone who has shaped your life in a positive way using their words?
2. Has there been anyone who has shaped your life with the negativity of their words?
3. Why do you think it's easier for us to remember the hurtful and discouraging things someone says to us and harder to remember their encouraging words?

### Jumping In:

4. Jeff shared that John Gottman's research demonstrated a "magical ratio" in a marriage where five positive interactions (which may be small or large) are needed to outweigh one negative interaction. Would you agree with this research based on your own experience? Have you seen this played out in your own relationships?
5. Do you find it easy or difficult to share inspiring and encouraging words? What about harsh or discouraging words? How so?

### Discuss:

6. Read [James 3:2-12](#). James uses a number of metaphors to describe the power and the potential of the tongue. Which of these metaphors resonates with you the most and why?

7. James shares that if we can control our tongues, we can control ourselves. Does this make sense to you? How could you see this being a positive influence in your relationships?
8. Part of what James is getting at here is the importance of *how* we speak, not just *what* we say. There is so much power in the tone of our speech. What tone would you say you fall into most often? (e.g. cynicism, sarcasm, anger, silent treatment, guilt trip)
9. If your words create the tone of your legacy, what tone do you want to be known for? (e.g. intentional, wise, warm, refreshing, sweet)

**Pray:**

Choose the tone you want to put into practice, and pray that the Holy Spirit would remind you to use it more throughout the week, and that you would grow in humility as you practice that tone. When you speak truth to people around you, ask yourself: “Am I using the power of my words with humility?”

**Moving Forward:**

As we head into a new season of even more decisions, unknowns, and differing opinions, take time to focus on the power you do have, and think about the ways to act on that power with humility and surrender. If you feel powerless in a situation or relationship, surrender those to God. If you find yourself struggling for control, choose humility over fear or pride. Look for ways to influence those around you, rather than control them. God wants you to experience the fullness of a loving, gracious, power-filled life with Him.