



## Training Your Mouth for Marriage

### Jimmy Evans

- Focus** Your words are seeds that will produce a crop, whether for good or for bad. The health of your marriage is directly related to the kind of seeds that you plant.
- Fun** What hobbies did your grandparents have that you joined in on as a kid?
- Review** Key Scriptures: Proverbs 18:20; Matthew 12:31–37; Galatians 6:7–10; Ephesians 5:26; James 3:2–6

#### 1. **We create our world with our words.**

Life and death is in the power of the tongue. Our words are seeds planted. Every single word we speak is consequential. Every word we say is going to have a crop, whether a good crop or a bad crop.

#### 2. **You reap what you sow.**

A good marriage is filled with good words, while a bad marriage is filled with bad words or no words. One lie we often believe is that you cannot get a good result from bad seed. Another is that even saying something positive won't help. But every good seed bears good fruit.

#### 3. **You reap more than you sow.**

The size of our tongue is disproportionate to the power that it contains, just like a tiny rudder that turns an entire cruise ship.

#### 4. **There is a time delay between sowing and reaping.**

It takes time for the seed to germinate before it sprouts. We must have faith and patience.

**\*Group Dynamics Idea\*** Let's plant good seeds! Go around the circle and have each small group member share a short, encouraging word to the person on their right.

## Discuss

1. "The worst sin we can commit, we commit with our mouths." Take a moment to wrestle with this. What kind of sins do we commit with our mouths? How can we guard our mouths against such sins?
2. Read Ephesians 5:25–27. Is it easier for you to view these verses in relationship with God or with your spouse? What does it look like for you to wash others with the water of the word?
3. Pastor Jimmy said that the difference between speaking the truth in love and nagging is whether it is us or the Holy Spirit in position as the enforcer. What does it look like when you are the enforcer in the relationship? What does it look like when that place is given to the Holy Spirit?
4. Using 1 Timothy 1:3 and Acts 10:4, Pastor Jimmy created a word picture of our prayers building a memorial before the Lord. How does this change the way you view prayer?

**Take Home** As we conclude, remember the following:

- You can always tell the condition of your heart by the words you speak.
- Our words are powerful. They can bring death, but they also bring LIFE.

## Prayer

Lord, we acknowledge the power You have given to us to speak either life or death over a person or into a situation. Today we choose to speak life! Help us to sow seeds of encouragement into our families. Wash over us with Your Word and teach us how to wash others. In Jesus' name, Amen.

**\*New Leader Tip\*** If our words have that much power, how much more power do our prayers have? Set aside time to pray together as a small group, inviting the members to exercise the power of words.