



STOP THROWING

WATCH YOUR MOUTH

VERBAL PUNCHES

DIMINISH

SLANDER

RIP

SQUASH

BACKBITING

DEPRECIATE

SLAM

KNOCK

BELITTLE



“With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God’s likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.”

James 3:9-10 NIV



Grumbling & Thanksgiving

For the week of October 8, 2023
Series: Watch Your Mouth - Grumbling & Thanksgiving

WATCH



LISTEN



Visit np.church/media to watch on YouTube or np.church/groups and click on Sermon Reflection to Listen.

REVIEW

This week we began a new series called “Watch Your Mouth” where we will be learning how our words can bring life or they can bring death. This week Pastor Michael taught about Grumbling and Thanksgiving. He outlined three root causes of complaining: Discontentment, Unmet Expectations and Comparison. We also learned that Thankfulness draws us Closer to Jesus and brings us peace with God and others. Jesus pointed out that what comes out of the mouth is a sign of what is really there, deep in the heart.

MY STORY

1. Is being thankful really our choice? Can we actually decide that we will be thankful people?

2. Where has being thankful ranked on your list of qualities up until now? Has this message changed your mind at all? If so, how?

3. Think of someone you know whose life is marked by gratitude. How do they express gratitude?

4. What keeps you from thanksgiving? How often during the day do you find yourself grumbling and complaining?

4. Read Psalm 136:1. What are the two reasons we are given to be thankful? What reason do you relate to the most/least and why?

TAKE IT HOME

1. In what ways could you cultivate more gratitude in your life? Be specific. What are some barriers to gratitude in your life?

Here are some ideas to help you develop a thankful life.

- Send a note or text to someone to express your thanks to them
- Write down things you are thankful for...create a daily journal of thankfulness
- Audit your words...how often do you complain vs. give thanks.
- Give thanks in your prayers BEFORE we ask for anything

PRAYER



Truth & Lies

For the week of October 15, 2023
Series: Watch Your Mouth - Truth & Lies

WATCH



LISTEN



Visit np.church/media to watch on YouTube or np.church/groups and click on Sermon Reflection to Listen.

REVIEW

We continued in our series “Watch Your Mouth” looking at Truth & Lies. Pastor Mikel Cowie spoke about how the enemy’s language is lies and that he is trying to get us to speak his language. The enemy is trying to get us to LIE, get us to BELIEVE a lie, and get us to LIVE a lie all with the goal to separated us the from truth of God. But Jesus is the TRUTH and it is the truth that sets us free. Lies bring bondage but Truth brings freedom. We have the opportunity to live in freedom and in truth through a relationship with Jesus.

MY STORY

1. Did anything stand out to you about this weeks message on Truth and Lies?

2. Out of the different reasons people lie, which do you find you relate to the most?
Fear of punishment, Protect yourself or others, avoid embarrassment or shame, to gain power or advantage over others, habit or compulsion.

3. How do you feel about the statement “the truth will set you free”?

DIGGING DEEPER

1. Read John 8:44. What do you think it is important to know that the devil is the father of lies?

TAKE IT HOME

1. Take some time to reflect and ask yourself these questions. Have I been lying? If so to whom and about what? Have I been believing a lie? If so what lie. Am I living a lie? If so how.

2. How might I need to change my thinking about lies and lying to live in the truth?

3. Read Psalm 139:23-24 Take some time to reflect and ask God to reveal if there is anything in you that God wants to work on.

Here are some helpful questions to reflect on

1. Do I consider myself to be a truthful person?
2. Do I tend to slightly alter the truth?
3. Do I sometimes feel threatened by the truth?
4. How do I feel when I don't know the truth?
5. How do I feel when I know someone isn't telling the truth?
6. Do I want people to be honest with me?

If you have experienced hurt due to lies that have been spoken to you take some time this week to ask God to replace the lies with the Truth about what He says about you. Remember you were made BY God, you have great value and you were made FOR God, you have purpose.

(Colossians 1:6)

PRAYER



Gossip & Silence

For the week of October 22, 2023
Series: Watch Your Mouth - Gossip & Silence

WATCH

LISTEN



Visit np.church/media to watch on YouTube or np.church/groups and click on Sermon Reflection to Listen.

REVIEW

We continued in the third week of our series “Watch Your Mouth” looking at Gossip & Silence. Pastor Michael Voll spoke about how destructive gossip is. It causes death to our own souls, it divides people and damages reputations. It should not be a source of our entertainment or part of our vocabulary. We learnt that we are not just to avoid gossip but actually confront it and stop it. Scripture teaches us that Jesus died the death our gossip and slander deserves, so now we can live free and use our words to lift up, encourage and bring life.

MY STORY

1. What stood out to you about this weeks message?

2. How can you know when a good story about someone crosses the line into gossip?

3. Why do you think we tend to lean towards gossip?

DIGGING DEEPER

1. Read Romans 1:29-30 and 2 Corinthians 12:20. Are you surprised that Gossip is included in these lists? Why? Does this alter the way you view gossip?

2. Read Proverbs 26:20. What does it say about fighting gossip?

3. Read James 1:19. What are some of the benefits you see of living out this verse?

4. How much would you edit your words if you determined only to communicate facts about people and to avoid speculation, assumption, and motive-judging?

As a conversation comes up, rather than just passively listening with our minds shut off, actively ask yourself:

- Is this true? How do I know it's true or a lie?
- Is this story mine to tell or even mine to hear from an outside source?
- Is this story bad news or a bad report – something meant to bring shame?
- Are these words loving towards the person being talked about?
- Would I repeat these words if the person were here?

PRAYER



Critique & Encourage

For the week of October 29, 2023
Series: Watch Your Mouth - Critique & Encourage

WATCH



LISTEN



Visit np.church/media to watch on YouTube or np.church/groups and click on Sermon Reflection to Listen.

REVIEW

We concluded the Watch Your Mouth Series this week by talking about Encouragement vs Criticism. Pastor Mikel Cowie talked about how our words can bring Life or Death, and that we have a choice in what type of person we want to be. Either a Fault Finder or a Hope Giver. We will always find what we look for so we need to make sure we are looking for ways to speak encouragement, hope and life into peoples lives, just as Jesus did for us.

MY STORY

1. What kind of person are you when it comes to your words?
 - a. I say what I think
 - b. I choose my words carefully
 - c. The fewer words the better.

2. Read Proverbs 16:24. Share a time when someone spoke words of encouragement to you. How did it make you feel? What affect did it have on you?

3. Who is someone you would consider an encourager or Hope Giver in your life. They could be in your group or outside your group.

TAKE IT HOME

1. Write down some ways you can encourage the people in your life, family, friends, co-workers, strangers. Remember your will always find what you are looking for, look to encourage.

2. Pastor Mikel told the story about how at birthdays his family would go around and share what they appreciate about the person. Take some time to do this in your group. Take turns and share what you appreciate about everyone in your group.

3. Think of an individual or family outside of your group currently in need of encouragement and hope. What can you as a group do to come alongside and bring hope or encouragement to this person on family?

Here is a prayer of encouragement, hope and blessing for you this week.

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace."

Numbers 6:24-26

PRAYER

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