

Sunday, June 2, 2019



Palms Up

How to use Talk It Over:

Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

Key Questions:

- Have you ever been hurt by someone else's words? What happened? What was your response? Have you ever hurt others with your words? What happened?
- Matthew tells us in today's text that we act out of what's in our hearts. What do you put into your heart? What words, what images, thoughts, ideas, are planted in your heart?
- Where in your life this week, can you use your words to build up? Look for opportunities and see what happens!

Reading for this week:

Monday: Proverbs 16:23-24

Tuesday: Psalm 19:14

Wednesday: Luke 6:44-45

Thursday: Proverbs 10:18-20

Friday: Proverbs 12:18-19