

**The Tongue has:**

> **Power over the Listener**

> **Power over the Speaker**

**Healing our Words**

# hungry? feed yourself!

- > **Day 42 - Praying Luke 10:2**
- > **Read Proverbs 12 this week**

1. In what ways is your life controlled by what you say? (v.3-5)
2. Have you ever said anything you regretted? What was it? What happened? (v.6)
3. What do you think James meant by the tongue is full of deadly poison? (v.7-8)
4. What are some steps you can take toward healing your words? Who do you need to forgive or ask for forgiveness? When can you go to them?

*\*The life of a Christ follower is a journey toward healing and wholeness; confession and forgiveness are part of that journey. If you need help in this area, ask someone you trust who will hold you accountable and move you toward healing.*