A FREE SIX-SESSION DISCUSSION GUIDE

Read it Together

For women's groups, Bible studies, teams and youth groups reading *The Power of the Tongue: Speaking Better Words Which Creates Better Chances*.

"A word fitly spoken is like apples of gold in pictures of silver."

PROVERBS 25:11

LA KADRON IVERY

AUTHOR OF *The Power of the Tongue*

WELCOME, GROUP LEADER

Better words grow *best in community.*

Thank you for gathering people around *The Power of the Tongue*. Over six sessions, your group will explore how words shape our lives, how to heal from words that have hurt us, and how to speak God's truth over ourselves and others.

You don't need to be a teacher or an expert to lead. Your job is to open the conversation, keep the space safe, and let Scripture do the work. Each session follows the same simple rhythm, so everyone knows what to expect.

5 min	10 min	10 min	25 min	10 min
Welcome	Opening question	Scripture	Discussion	Practice & prayer

THE SIX SESSIONS

1	The Power in Your Mouth	Proverbs 18:21
2	Out of the Heart	Luke 6:45
3	When Words Wound	Proverbs 12:18 · Psalm 147:3
4	Replacing Lies with Truth	2 Corinthians 10:5 · Psalm 139:14
5	Training Your Tongue	James 3:5 · Psalm 141:3
6	Speaking Better Chances	Ephesians 4:29 · Isaiah 55:11

Before each session

1. **Read the session** and the scripture ahead of time.
2. **Pray** for the people in your group by name.
3. **Print or share** the session pages with your group.
4. **Review the facilitator tips,** especially before Session 3.

FACILITATOR TIPS

Leading sensitive conversations

This book grew out of an experience with verbal abuse, so some people in your group may be carrying painful words of their own. These guidelines help keep your group a safe place to heal.

Sharing is always optional.

Say it at the start of every session: anyone can pass on any question, and “I'd rather listen today” is a full answer.

Protect confidentiality.

What's shared in the group stays in the group. The one exception is when someone's safety is at risk.

Listen. Don't fix.

Avoid quick advice, a verse handed over as a fix, or “just forgive and move on.” Saying “Thank you for trusting us with that” is often enough.

Don't ask for details.

When someone mentions hurtful words or a painful relationship, keep the focus on truth and healing, not on retelling what happened.

Follow up privately.

If someone seems shaken or shares something serious, check in with them one-on-one after the group, not in front of everyone.

Know when to bring in help.

If someone shares that they're being harmed or are in danger, connect them with your pastor, a counselor or the resources below. If there's immediate danger, call 911.

Leading youth or students?

Follow your church's or organization's policies. If you're a mandated reporter, you're required to report suspected abuse of a minor.

Keep the conversation balanced.

Gently invite quieter voices, kindly redirect anyone who dominates, and watch the clock so there's always time for prayer.

FREE, CONFIDENTIAL SUPPORT, 24/7

National Domestic Violence Hotline
1-800-799-7233 · thehotline.org

988 Suicide & Crisis Lifeline
Call or text 988 · 988lifeline.org

READ ALOUD AT SESSION 1

Our group agreement

Read this together at your first meeting. Invite everyone to sign it as a promise to one another.

- **We speak life.** We use our words to build each other up, in this room and outside of it.
- **We keep confidences.** What is shared here stays here.
- **We share by choice.** No one has to answer any question, and passing is always okay.
- **We listen more than we fix.** We hold space for each other instead of giving quick advice.
- **We show up.** We come ready, do the weekly practice, and pray for one another.

GROUP SIGNATURES

SESSION

01 The Power in Your Mouth

OPENING QUESTION · 10 MIN

What is one phrase you heard often growing up that stuck with you, for better or for worse?

> *"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."*
> PROVERBS 18:21 · KJV

THE BIG IDEA

Your words are never neutral. They're seeds: every sentence plants something in your home, your friendships and your own heart. Before we can change our words, we have to recognize how much power they hold.

DISCUSS · 25 MIN

1. Proverbs 18:21 says death and life are in the power of the tongue. Where have you seen words bring life to someone? Where have you seen them do damage?
2. What do you think "they that love it shall eat the fruit thereof" means? How do we "eat the fruit" of our own words?
3. La Kadron describes words as seeds. Looking at this past week, what kind of seeds have you been planting with your words?
4. If everyone in your home, team or workplace took this verse seriously for one week, what would change?

DISCUSSION NOTES

SPEAK LIFE PRACTICE FOR THE WEEK

The Word Audit

Each day this week, keep a simple tally of how many times you speak negatively about yourself or others. Don't try to fix anything yet. Just notice. Bring your observations next session.

THIS WEEK'S DECLARATION

"My words carry power, and I choose to use them for life."

CLOSING PRAYER

Lord, open our eyes to the power You placed in our words. Help us notice what we say and choose words that bring life. Amen.

MY NOTES

SESSION

02 Out of the Heart

OPENING QUESTION · 10 MIN

What do you usually listen to or watch when you want to unwind?

> *"A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh."*
>
> LUKE 6:45 · KJV

THE BIG IDEA

Our words overflow from what we've stored up. The thoughts we rehearse, the media we take in and the voices we let close all shape what comes out of our mouths. To change our words, we have to pay attention to what's filling our hearts.

DISCUSS · 25 MIN

1. According to Luke 6:45, how are the heart and the mouth connected? Can you think of a time your words revealed something going on inside you?
2. What tends to fill your heart when you're stressed, tired or disappointed? How does that show up in the way you speak?
3. Which inputs (people, music, social media, memories) shape your words the most right now?
4. What is one thing you could add to, or remove from, your daily inputs this week to store up more good treasure?

DISCUSSION NOTES

SPEAK LIFE PRACTICE FOR THE WEEK

The Input Swap

Choose one input that tends to leave you discouraged or critical. Each day this week, replace 15 minutes of it with scripture, worship music or an encouraging conversation. Notice whether your words change.

THIS WEEK'S DECLARATION

"I guard my heart, so what flows from my mouth is good."

CLOSING PRAYER

Father, search our hearts. Fill them with Your truth so that what overflows from our mouths honors You and blesses others. Amen.

MY NOTES

SESSION

03 When Words Wound

OPENING QUESTION · 10 MIN

Who is someone whose encouragement made a real difference in your life?

> *"There is that speaketh like the piercings of a sword: but the tongue of the wise is health."*
> PROVERBS 12:18 · KJV
>
> *"He healeth the broken in heart, and bindeth up their wounds."*
> PSALM 147:3 · KJV

THE BIG IDEA

Some words cut deep, and the wounds can last for years. La Kadron's book grew out of her own experience with hurtful words. She chose not to accept them and replaced them with God's truth. Healing doesn't erase what was said, but it means those words don't get the final say.

DISCUSS · 25 MIN

1. Proverbs 12:18 compares some words to the piercing of a sword. Why do you think hurtful words stay with us so long? (Share only what you're comfortable sharing.)
2. La Kadron chose to replace the negative words spoken over her with God's truth. What makes that hard to do? What makes it possible?
3. What does Psalm 147:3 tell us about how God responds to the wounds we carry?
4. What is one truth from Scripture you want to hold onto when old words come back to mind?

DISCUSSION NOTES

SPEAK LIFE PRACTICE FOR THE WEEK

Truth Beside the Wound

Privately, write down one hurtful thing that was said to you. Beside it, write what God says about you instead, using a verse if you can. Read the truth out loud each morning this week. You never have to share what you wrote.

THIS WEEK'S DECLARATION

"Those words don't define me. God's truth does."

CLOSING PRAYER

Lord, You heal the brokenhearted. We bring You the words that have wounded us. Bind up those wounds and replace every lie with Your truth. Amen.

FACILITATOR NOTE

This is usually the most tender session. Remind the group that sharing is optional, keep the focus on healing rather than details, and review the facilitator tips at the front of this guide before you meet.

MY NOTES

SESSION

04 Replacing Lies with Truth

OPENING QUESTION · 10 MIN

If a close friend described you in three words, what do you hope they would say?

> *"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."*
> 2 CORINTHIANS 10:5 · KJV
>
> *"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."*
> PSALM 139:14 · KJV

THE BIG IDEA

Negative words usually start as negative thoughts that nobody challenged. Scripture gives us permission to stop a lie at the door, question it, and replace it with the truth about who God made us to be.

DISCUSS · 25 MIN

1. What does it look like, practically, to "bring into captivity every thought"? What could you do in the moment a harsh thought shows up?
2. What lies are common for people in our group (women, students, athletes, parents) to believe about themselves?
3. Psalm 139:14 says you are fearfully and wonderfully made. Which part of that is hardest for you to believe? Why?
4. Pair up: each person names one lie they've believed and one truth from Scripture to replace it. Share with the group if you're comfortable.

DISCUSSION NOTES

SPEAK LIFE PRACTICE FOR THE WEEK

The Daily Word Swap

Each time you catch a negative thought this week, say “Not today” and replace it with one true sentence. Each morning, say Psalm 139:14 to yourself in the mirror.

THIS WEEK’S DECLARATION

“I am fearfully and wonderfully made. Lies don't get a home in my mind.”

CLOSING PRAYER

God, thank You for making us wonderfully. Give us the strength to take every thought captive and to agree with what You say about us. Amen.

MY NOTES

SESSION

05 Training Your Tongue

OPENING QUESTION · 10 MIN

What is a habit or skill you got better at through steady practice?

> *"Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!"*
> JAMES 3:5 · KJV
>
> *"Set a watch, O LORD, before my mouth; keep the door of my lips."*
> PSALM 141:3 · KJV

THE BIG IDEA

La Kadron's years as an elite athlete taught her that discipline and consistency are life principles. Our words work the same way. A trained tongue doesn't happen by accident. It's built through small, faithful reps and the help of God.

DISCUSS · 25 MIN

1. James compares the tongue to a small fire that can spread far. Share a time when a small word, kind or careless, had a big effect.
2. Athletes improve through daily training. How could the principles of discipline and consistency apply to the way we speak?
3. Psalm 141:3 asks God to set a guard over our mouths. In which situations do you most need that guard?
4. What "reps" could you build into your day to train your words? Think of a morning declaration, a pause before responding, or a nightly review.

DISCUSSION NOTES

SPEAK LIFE PRACTICE FOR THE WEEK

The One-Breath Rule

This week, pause for one full breath before you respond in any tense or frustrating moment. Ask, "Will this bring life?" Start each morning by saying your declaration out loud three times.

THIS WEEK'S DECLARATION

"Lord, guard my mouth. I pause before I speak, and I speak with purpose."

CLOSING PRAYER

Lord, set a watch before our mouths. Train our tongues the way You train our hearts, one faithful choice at a time. Amen.

MY NOTES

SESSION

06 Speaking Better Chances

OPENING QUESTION · 10 MIN

What is one change you've noticed in the way you speak since this group began?

> *"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."*
> EPHESIANS 4:29 · KJV
>
> *"So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it."*
> ISAIAH 55:11 · KJV

THE BIG IDEA

Better words create better chances. When we fill our mouths with God's Word and speak grace to others, we're building something: stronger relationships, renewed confidence and a future shaped by His promises.

DISCUSS · 25 MIN

1. Ephesians 4:29 calls us to speak words that "minister grace unto the hearers." Who in your life needs grace-filled words from you right now?
2. What future have you been speaking over yourself? How does it compare to what God says about your future?
3. Isaiah 55:11 says God's Word does not return void. How does that encourage you to keep speaking truth, even before you see results?
4. What is one declaration from these six weeks that you'll keep speaking after our group ends?

DISCUSSION NOTES

SPEAK LIFE PRACTICE FOR THE WEEK

The Encouragement Challenge

This week, speak or write specific, sincere encouragement to three people. Then write a short "speak life" letter to yourself, filled with God's promises, to read whenever old words come back.

THIS WEEK'S DECLARATION

"My better words are creating better chances."

CLOSING PRAYER

Father, thank You for what You've done in our hearts and our words. Send us out to speak grace, truth and life wherever we go. Amen.

MY NOTES

SIX SESSIONS COMPLETE

Keep speaking life together.

Your group has spent six weeks choosing better words. Keep encouraging one another, keep the declarations close, and keep planting seeds of truth.

GROUP COPIES

Group & bulk orders

Get copies of *The Power of the Tongue* for your whole group. Visit the website for group and bulk orders.

KEEP GOING

21 Days of Speaking Life

Continue with the free 21-day challenge: one scripture, one declaration and one question each day.

BRING IT HOME

Invite La Kadron

La Kadron speaks to churches, women's groups, student athletes and community groups. Request her for your next event.

VISIT THE WEBSITE

thepowerofthetongue.org

Free, confidential support is available 24/7. National Domestic Violence Hotline: 1-800-799-7233 or thehotline.org. 988 Suicide & Crisis Lifeline: call or text 988.