

Next Steps

“**Next Steps**” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

January 16, 2022 - Small Things - Big Difference – Our Words

Our words are small things that can make a big difference in our lives and in the lives of others. Read: **Genesis 1, James 3:3-5, Proverbs 12:18, 15:4, 16:2, 18:21, Ephesians 4:29**

When have words (yours or others) given you life and lifted you up? When have they torn you down?

Take a word audit.

My words *to others* are more:

Life-taking 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Life-giving

My words *to myself* are more:

Life-taking 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Life-giving

2 Small things we can do to improve our words

1. If you can't say anything nice - say nothing!

In what relationships and situations do you need to guard your tongue?

2. If you think something good - say it!

In what relationships and situations do you need to share more life giving words?

It takes 5 positive words to balance out 1 negative word.

- When have you experienced this principle in your life?
- Who spoke positive, life giving words to you?
- Who do you know that needs to hear life giving words? Say it to them this week!
- How can you speak these words to yourself?

What one statement do you need to hear this week from yourself? Write it down and read it out loud every day!

My One Statement: _____