



*“May the God of hope fill you with all joy and peace as you trust in him, so that you may **overflow with hope by the power of the Holy Spirit.**”* Romans 15:13

To view the accompanying video, go to <https://momsinprayer.org/igniting-hope-bible-study/>

***Notes for Small Group Discussion:** Once you have watched the video, “Words Matter” take a few minutes to share your thoughts. Briefly talk about the concepts and biblical examples. Share with your group a choice you need to make that will help you as you speak. Consider practical ways to find accountability with these truths.*

1. Look at the theme verse **Romans 15:13**, “May the God of hope fill you with all joy and peace as you trust in him, so that you may **overflow with hope by the power of the Holy Spirit.**” Jesus speaks of overflow in **Matthew 12:34**, “For out of the overflow of the heart the mouth speaks.” How can spoken words cause you to overflow with hope?

The Words You Speak

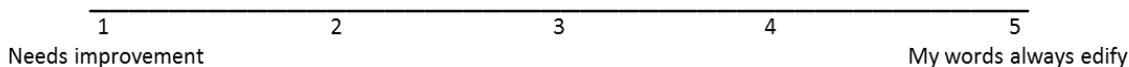
2. If you are filling up a vase with water and it overflows, what happens? Water splashes out and gets everything around it wet. I have a friend who gets so excited with the things God is showing her that she just naturally uses her words to tell others. Her excitement is contagious as she is talking, the tempo of her speech quickens, her hands gesture and I find myself being excited right along with her. It has become sort of an inside joke between her and several of our friends that when we are excited about what God is showing us we will say, “You’re really splashing today.” **Psalm 119:171-172** says, “May my lips overflow with praise, for you teach me your decrees. May my tongue sing of your word, for all your commands are righteous.” Based on what God is doing in your life, how can your lips overflowing with praise?

3. According to The Bible in One Year website, “If you include scientific words, there are over 1,000,000 words in the English language. Women speak about 16,000 words a day on average. Your words matter. However, what matters most is not the number of words you speak but the kind of words you choose and the purpose for which you use them.”

Perhaps like me you know a few women who really edify others with the words they choose. They live out **Ephesians 4:29**, “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Every time I talk with them I leave feeling encouraged and filled with hope.

For me, however, this is a more of a work in progress; I need to remind myself that my words matter. The apostle James tells us that although “the tongue is a small part of the body” it is extremely powerful (**James 3:5**) and “*The tongue has the power of life and death.*” (**Proverbs 18:21a**)

On the scale below where do your word choices fall?



4. Words do more than convey information they contain the power to uplift and encourage or to inflict and exacerbate wounds.

What are some effects of your words?	What happens to you when you use kind words?	What does the Bible say about having uncomfortable conversations?
<p>Proverbs 11:9</p> <p>Proverbs 11:12</p> <p>Proverbs 15:1</p> <p>Proverbs 18:4, 20</p> <p>Proverbs 20:15</p>	<p>Proverbs 11:17</p> <p>Proverbs 16:24</p>	<p>Colossians 4:6</p> <p>James 1:19</p>

5. The Bible says in **Philippians 4:8-9** “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” Let’s put this into practice. Think of a circumstance you are dealing with right now, then use the words below to write a sentence about the situation in light of the key word. Does this change your perspective?

True-

Noble-

Right-

Pure-

Lovely-

Admirable-

Excellent or Praiseworthy-

The Words God Speaks

6. The words God speaks matter and should especially make a difference in the way we view ourselves. God spoke the world into being by the power of His words (Hebrews 11:3). Let that sink in, by the power of His words, He spoke the world into existence. The words God speaks about you and me are just as powerful. Look at a few examples of these in the statements below. Read them out loud slowly. Let the words God has spoken about you sink in. Circle the ones that are particularly meaningful to you today.

I am His daughter. (Ephesians 1:5; John 1:12)

I have been set free in Christ. (Galatians 5:1)

I am God’s handiwork. (Ephesians 2:10)

I am dearly loved. (Colossians 3:12)

I am forgiven. (1 John 2:12)

I am holy. (Ephesians 1:1; Philippians 1:1)

I am kept safe by God and the evil one cannot harm me. (1 John 5:18)

I am chosen, holy, and blameless before God. (Ephesians 1:4)

I will not be condemned by God. (Romans 8:1-2)

I am sanctified. (Hebrews 2:11)

I am a citizen of heaven. (Philippians 3:20)

I can do all things through Christ. (Philippians 4:13)

I have the mind of Christ. (1 Corinthians 2:16)

7. **Read Isaiah 55:10-11.** What effects does God’s Word have?

The Words You Speak To God

8. We see that the words we speak “**horizontality**” to others have power. There are other words we speak that have power and they are words we speak to God “**vertically**” through prayer. Just like we want our children to communicate with us and tell us their thoughts, concerns, desires and joy, our heavenly Father desires the same from His daughters. Of course as Christians we all know we are supposed to do it. But ask yourself this, has prayer become the rhythm of your life, has it become the air you breathe, and has it become the culture of your home, of your family, of your personal life? Does prayer feel to you like pure duty or is it the delight of your heart?

God delights in your prayer (**Proverbs 15:8**), he desires for us to, “Devote yourselves to prayer, being watchful and thankful” (**Colossians 4:2**) and to, “Be joyful in hope, patient in affliction, faithful in prayer” (**Romans 12:12**). Prayer is meant to be an ongoing dialogue with the Lord. **First Thessalonians 5:17** notes believers are to, “pray without ceasing” or without end. Just like with a friend, the more we talk with God in prayer the more comfortable we become. The disciples saw Jesus live this out as our perfect example and it prompted them to ask a question of Him.

Read Luke 11:1-13.

What did the disciples ask Jesus in verse 1?

What does the story in verses 5-8 say about persistence in prayer?

What do verses 9-10 say about the results of prayer?

What do verses 11-13 say about God and what he desires to do for you?

9. The Lord’s Prayer (Matthew 6:9-13) is a wonderful example of using your words to “vertically” talk to God. Personalize this prayer below with your own words. You will see the opportunity to praise, to confess or ask forgiveness, to thank Him, and to intercede.

Lord’s Prayer <small>(NKJV)</small>	My Personalization	Your Turn
Our Father in heaven	I acknowledge You are my Father and praise You that as Your daughter You delight in talking to me.	
Hallowed be Your name	I declare that Your name is holy. It is the Name that is above every name. Today, I praise You that You are the God of Hope . You are the one who is my confidence, trust, expectation or desire. I bow my heart in submission and ask that You remove anything I allow to take Your place in my heart. I will live to magnify Your Name.	
Your kingdom come	I praise You Lord Jesus that You are returning to earth and that Your promises will come to pass.	
Your will be done	I declare that I will submit to Your will. I don’t have the power, the strength, the wisdom or the authority to lead my life the way You do. I give thanks in <u>all circumstances</u> ; for this is God’s will for me in Christ Jesus. Specifically, I thank You in _____ instance for the way You are working Your will in and through it.	
On earth as it is in heaven	I thank You, Lord, I can have hope that Your power is not just in heaven but You are fully accessible to me on earth.	
Give us day by day our daily bread	Lord, I thank You that You will supply my needs for today.	
And forgive us our sins	God, You know my sins. I confess _____ and I ask You to forgive me.	
For we also forgive everyone who is indebted to us	Father, develop a forgiving heart in me. Help me to understand that since You, the God of the universe, forgive me of the sins You see in my life, then I must forgive others of their trespasses against me.	
And do not lead us into temptation	Help me to humbly follow wherever You lead me, Lord. I know that You want what is best for me, so I trust Your guidance. I currently need guidance in _____ and _____ areas of my life. Please give me wisdom in the _____ circumstances of my life.	
But deliver us from the evil one	Lord, I see evil in the form of _____ in this world and ask for protection from it.	

10. *Prayer lays hold of God's plan and becomes the link between His will and its accomplishment on earth. Amazing things happen, and we are given the privilege of being the channels of the Holy Spirit's prayer.* — Elisabeth Elliot

We may not know what to pray, but God's Word tells us His Spirit makes intercession for us (Romans 8:26-27). Sometimes I have no words. Or I have so much to say that I am not sure where to start. Have you ever experienced that? The Holy Spirit helps us in our weakness.

Our theme verse says, "*so that you may overflow with hope by the power of the Holy Spirit.*" Do you ever struggle with what to pray? We all do at times. But how does knowing that the Holy Spirit helps you with your prayers give you hope?



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