

My Big Fat Mouth

Salt Water

Getting Started

- **Highs and Lows:** Ask your group what their high point and low point of the week
- **Icebreaker:** Are you a beach person or a pool person? Why?

Setup

- Welcome & Prayer
- Watch Recap Video

Key Questions

- **Review:** Did you ask the two questions (What is God saying? And What Will You Do About It?) last week?
 - How did it go?
- **Recap:** What's one idea that stood out to you from this Sunday's message? Why did that stand out to you?
- **Big Idea:** *"Hurt People Hurt People"*
 - On Sunday, Pastor Blake shared how we speak from the condition of our heart.
 - What role does our heart play in what we say?
 - Why is it important for us to guard our hearts as believers?
 - Pastor Blake shared 4 ways our Big Fat Mouth can get us in trouble.
 - **Gossip**
 - Why is gossip so dangerous?
 - What is the heart condition behind gossip?
 - **Lies**
 - Why is lying so dangerous?
 - What is the heart condition behind lying?
 - **Complaining**
 - Why is complaining so dangerous?
 - What is the heart condition behind complaining?
 - **Criticism**
 - Why is criticism so dangerous?
 - What is the heart condition behind criticism?

- **Next Steps:** “*Recieve Healing From The Hurt*”
 - Why is it important that we allow God to heal our heart from hurts we are carrying?
 - Is there any hurt in your heart we can be praying for?

Optional Questions – *If needed, include one or more of these scriptures and questions to extend your conversation.*

- Read **Proverbs 4:23** aloud. In this passage, the writer shares that we must guard our hearts for a specific reason.
 - Do you agree that the heart is wherever all things flow from?
 - What are some practical ways we can guard our heart?

Announcements:

- Announce time and place of the group next week
- Announce what serve week opportunity you will do as a group
- Announce the two service times (9:30 & 11:15) and invite your group to attend with you.