



## Family Values

## Part 3: Speaking Intentionally

### CONVERSATION GUIDE

### SMALL GROUPS

In the *Family Values* series, we see that the family is the first ground where values are planted—values that impact generations. What we speak at home shapes culture. Our words are not neutral; they build up or tear down, draw closer or push away, heal or wound. If we want strong families, we need intentional conversations.

In *James 3:5–6*, the apostle compares the tongue to a small fire that can set a great forest ablaze. Although it is a small part of the body, it carries disproportionate power. It can corrupt, inflame, and affect the entire course of our lives. This passage reminds us that words are not just sounds—they are seeds. And every seed produces an inevitable harvest. If our relationships are not healthy, it is worth asking: What kind of seeds am I sowing with my mouth?

**So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.**

**James 3:5–6 (ESV)**

### TALK ABOUT IT

1. According to the passage, what do these illustrations of the tongue teach you about the power of your words?
2. Have you ever seen how a single word or phrase changed the atmosphere in your home, workplace, or church? What happened?
3. Let's read **Proverbs 18:20–21(ESV)**: *"From the fruit of a man's mouth his stomach is satisfied; he is satisfied by the yield of his lips. Death and life are in the power of the tongue, and those who love it will eat its fruits."*

What does it mean that “death and life” are in the power of the tongue?

4. If your words were visible seeds, what kind of garden would be growing around you? What does that reveal about what you have been sowing?

**My relationships will never be healthier  
than the seeds I am planting.**

## **MAKE IT PRACTICAL**

One word, one seed. Remember:

- **You reap what you sow.** Each day, intentionally choose to sow at least three words of blessing and affirmation in your home. This week, eliminate hurtful expressions, constant sarcasm, or unnecessary criticism.
- **You reap much more than you sow.** Identify someone close to you (spouse, child, parent, friend) and verbally express something specific you value about them. A word of honor can shape a person’s identity for a lifetime.
- **You reap in different seasons, what you sow.** If you are planting reconciliation or encouragement and do not see an immediate response, do not give up. Stay consistent throughout the week.

## **PRAYER**

“Lord, today we recognize that our words carry power. Forgive us for every time we have used our tongues to hurt, criticize, or destroy. Teach us to speak with intention, with love, and with wisdom. Help us plant words that bring life, healing, and unity to our families. In Jesus’ name, amen.”

## **TIPS**

- If you want to change the atmosphere of your home, **start by changing the vocabulary of your mouth.**
- Before you speak, ask yourself: **Will this build up or tear down?**
- If you have sowed words that caused harm, **take the initiative to ask for forgiveness.**



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