

## APPLICATIONS FOR LIFE TRANSFORMATION

1. Read Proverbs 18:8. In what ways is gossip like a “choice morsel”? Why is gossip so attractive and addictive? How does it affect us?
2. Read Matthew 12:33-37. How is our heart connected to our words and actions? Proverbs 4:23 says “guard your heart above all else”, what are some ways in which you can do this?
3. Read Ephesians 4:29 again, and pick it apart as a group. What are the biblical guidelines for edifying speech?