



First Church Oviedo

263 King St | Oviedo, FL 32765 | 407-365-3255

Website: <https://fumcoviedo.com>

Facebook: <https://www.facebook.com/FUMCOviedo/>

Instagram: <https://www.instagram.com/fumcoviedo/>

START SMALL—Week 1: Speak Life

Main Idea:

Have you ever heard the phrase, “What’s Down in the Well Comes Up in the Bucket?” What is in our well (our heart) eventually comes out in the bucket (what we say). This week we are going to evaluate what’s in our well, and in turn, what comes up in our bucket.

A small change, like choosing our words wisely, can positively affect our relationships. When we choose to use our words to heal rather than to hurt, we plant seeds of life. And who knows how the seeds will take root and grow.

Key Questions:

- How do you speak to your children, spouse, friends and others you love?
- Do you use your words to criticize, insult, and gossip more than you use your words to inspire, encourage, and uplift?

Optional Questions:

(Read Matthew 15:10-20)

- What is in your well? What is the root cause of your hurtful words? Why are you saying things that hurt rather than help or heal?
- How will you change your words this week?
- Who will you help or heal this week with your words?

Small Steps:

Day 1	Proverbs 4:23	Today, put 15 minutes time on your schedule at the end of the day. How did you use your words with those closest to you?
Day 2	Ephesians 4:29	Be intentional. Do not use foul language or abusive (critical, condescending, defensive) language.
Day 3	James 3:7-10	Instead of just thinking something good, say it. Tell a loved one (spouse, friend, child, parent, grandparent...) one positive characteristic that you have observed about them.
Day 4	Proverbs 18:21	Stop talking about negative news or politics.
Day 5	James 1:26	Do not talk negatively about anyone behind their back.
Day 6	Proverbs 16:24	Write a letter (text, email) to someone you’ve hurt with your words. Tell them you’re sorry.
Day 7	Luke 6:45	Ask your family to do what Sister Mary did. Write down everyone’s name in the family and then write something positive about each person. Then share it with one another. This could also work with other groups like Bible studies, friends, etc.