

ROOTED | THE ENERGY YOUR MOUTH BRINGS

November 2, 2025 // Alicia Bruxvoort + Craig Rees

BIG IDEA:

The energy your mouth brings either builds or breaks; wisdom chooses to speak life.

KEY SCRIPTURES:

Genesis 1:3
Deuteronomy 30:19
Psalm 141:3
Matthew 12:36-37
Luke 6:45
John 1:14; 10:10; 15:4,7
Romans 8:9; 12:18

Proverbs 4:23; 9:9;
10:19; 12:18,19,22; 13:3;
15:1,4,23,28; 16:23,24,28;
18:21; 21:23; 24:16;
25:11,15; 26:20-22; 27:2;
28:13; 29:11,20; 30:32

Ephesians 4:29
Colossians 3:12-14; 4:6
1 Thessalonians 5:11
Galatians 5:22-23
James 1:19; 3:9-10
Hebrews 12:24

1. *Read Proverbs 18:21.* Where have your recent words functioned like a builder's tools, and where have they felt more like a wrecking ball?
2. Luke 6:45 ties our words to our hearts. What inputs (media, conversations, habits) most shape your heart and how do they leak out through your speech?
3. Post a guard at your lips (Proverbs 13:3; 21:23). What "gate questions" (Is it true? gracious? timely?) will you use this week before speaking or posting?
4. Ephesians 4:29 commands speech that "builds... according to their needs." Think of one person in your life: what would a truly need-shaped word sound like for them right now?
5. Compare Proverbs 15:1 with Romans 12:18. Tell a story of a conflict where a gentle answer de-escalated or where a harsh word escalated. What would you change next time?
6. *Read Proverbs 26:20-22.* Where does gossip or whispering most tempt you (work, family, group chats)? What concrete boundary will remove the "fuel" this week?
7. Matthew 12:36-37 says we'll give account for careless words. What patterns do you need to confess (Proverbs 28:13), and to whom, so that healing can begin?
8. *John 15:4,7; Galatians 5:22-23:* How does "remaining" in Jesus practically reshape your tone, timing, and truthfulness? Identify one daily practice that keeps you connected to the Vine.
9. Proverbs 25:11; 15:23 praise timely speech. Recall a moment when the right word at the right time changed your trajectory. What made that word "fitting," and how can you cultivate that wisdom?
10. Hebrews 12:24 says Jesus' blood "speaks a better word." Where do you need to replace cursing, boasting, or sarcasm (James 3:9-10; Proverbs 27:2; 30:32) with blessing that echoes His better word? Be specific about the phrase you will use.