



Life is a slow burn. Waiting is not a punishment; it's a process. God is not delaying; He's developing. He is not leaving you; He's loving you. Your Father wants to make use of every moment of your wait

by transforming you through it.

Week 2

Theme: *"Why Do My Words Matter in the Wait?"*

In times of waiting, it's tempting to let our words slip toward venting, negativity, or even despair. But Scripture tells us our words hold the power of life and death. What we say while we wait has the power to shape not just our perspective but also our spiritual direction. We often think our words are just commentary on our current situation—but they are actually tools of construction, carving out either peace or pain, hope or hardship.

God created the world with His words, and as image-bearers, we carry that same creative capacity. What we speak in the waiting season will either build faith or spread fear. This teaching reminds us that our complaints may feel justified, but when left unchecked, they become toxic, scarring us and wounding those around us. It's not the bite (the pain we face), but the scratching (our repeated rehearsing of it through words) that causes the deepest scars.

The call in waiting seasons is to develop the fruit of self-control, surrendering our speech to the Spirit's guidance. Whether we're tempted to vent, gossip, or rehearse bitterness, we're invited instead to speak words aligned with God's promises. In the same way that David cried out honestly and then turned to praise, we too can reset our vocabulary and declare truth. No matter how far we've gone down the road of toxic speech, God offers us a "Yeehaw Junction" moment—a chance to make a U-turn and choose life.

Key Scriptures:

- **Proverbs 18:21** — *"The tongue has the power of life and death..."*
- **Psalms 119:105** — *"Your word is a lamp to my feet and a light to my path."*
- **Ephesians 4:26-27** — *"Be angry and do not sin... and give no opportunity to the devil."*
- **James 1:19** — *"Be quick to listen, slow to speak, and slow to become angry."*



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Discussion Questions:

1. The Power of Speech

- What kinds of words do you find yourself speaking most often during times of waiting—words of life or of fear/frustration?
- How does knowing you're "writing a book with your words" impact the way you speak?

2. Self-Control and Surrender

- How have you seen the "itch to complain" make a difficult situation worse?
- In what ways do you think self-control is connected to spiritual maturity, especially in how we use our words?

3. Faith Over Frustration

- Have you ever felt convicted about your speech during a challenging time? What helped you become more aware of your words?
- What's something God is doing in your life right now that deserves gratitude, even if it's hard?

4. The U-Turn Moment

- What does it mean to take a "Yeehaw Junction" U-turn with your words?
- Are there areas in your life where you need to reset your speech patterns?

Prayer Focus:

Invite group members to reflect on the most common words they speak in stressful or uncertain seasons. Pray for a fresh awareness of God's presence in those moments and the courage to speak life. Ask the Holy Spirit to develop the fruit of self-control in your hearts and tongues.



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Challenge of the Week:

Speak Scripture aloud each morning this week—choose a promise from God's Word and declare it over your day. Consider memorizing Psalm 19:14: *"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my Rock and my Redeemer."*