

## Don't Invite Ruin In

### **Ready:**

“The one who guards his mouth protects his life; the one who opens his lips invites his own ruin.” – Proverbs 13:3

### **Set**

We have all been in a situation where we spoke too quickly and regretted what we said. As you get older and progress in your sport, what you do matters more and more. The higher your level, the more expectations and responsibilities are placed on you.

When you move from playing high school ball into college, you are no longer a child. As an adult, your coach expects more control and respect from you than ever before. This makes watching what you say essential. The wrong outbursts of anger or toxic words can be career-ending.

The same rule applies as we grow in our faith. As we mature, we should learn to have self-control and not invite ruin into our world via our words.

To guard your mouth isn't to stay quiet in situations that need words. We often see Jesus standing up with righteous anger for the Kingdom's sake ([Mark 11:15-18](#)). We must not be reckless with our words but instead, think about the weight they carry. Ruin is brought into your life when you are reckless and don't think before you speak. When people look at us, they should see the patience and wisdom of Christ, not someone who is uncontrollable with their words.

Choose today to bring life rather than ruin when you speak.

### **Go**

- What are some examples of how words can ruin lives?
- What are words that can breathe life into this world?
- Can you think of times when someone's words brought life to a hard situation? What about when someone's words welcomed ruin into their life?

### **Workout**

[James 1:19-26](#)

[James 3:1-12](#)

### **Overtime**

“Father, You are the example of wisdom and control. As we continue to grow in our faith, we will make mistakes and speak before we think. Forgive us, God, when we are not good examples of Your patience. Help us to control our mouths and bring life to this world through our words. Give us Your wisdom to know what words are needed. Amen.”



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