



Ten Deadly Sins

Focus There are ten sins we commit with our mouth that produce death in us.

Open How do you usually spend your Sunday afternoons?

Read As believers in Christ, our sins, both deeds and words, separate us from intimacy with God (Isaiah 59:1–3). Here are ten ways we sin with our words:

1. **Lying** is like idolatry because we're going against God's nature and aligning ourselves with Satan when we lie (Proverbs 6:16–19; 12:22).
2. **Sowing discord** will reap destruction in your life (Proverbs 6:12–15).
3. **Gossip** is spreading private information about someone, even if the information is true and factual. We sometimes disguise gossip in the Church by calling it a prayer request (Proverbs 20:19; 2 Corinthians 12:20).
4. **Slander** is when we share a false and malicious report about someone. This includes repeating things we've heard when we don't have personal knowledge that it's true (Psalm 140:11; Proverbs 10:18; 1 Corinthians 5:11).
5. **Tale-bearing** is revealing secrets or breaking a confidence (Proverbs 11:13). When someone is able to trust us with their secrets because we have a faithful spirit, it brings healing to them. We show strong character when we protect their trust.
6. **Cursing** usually comes from a root of bitterness (Romans 3:13–14). When you curse, you're actually speaking a curse over someone or something, even yourself and what belongs to you. A person who curses, is not blessed (Psalm 109:17–18).

7. **Blasphemy** happens when we use God's name in an unsacred or self-serving way (Exodus 20:7). This includes when we use His name as a curse word or to manipulate others, (e.g., "God told me" or "Thus saith the Lord" when God didn't talk to them.).
8. **Filthy language** is to be avoided because it stirs up lust (Colossians 3:8). We should not only refrain from speaking it, but also from listening to it.
9. **Contentious speech** includes disagreeable, argumentative, hurtful, hateful or malicious talk (Proverbs 21:9; Proverbs 26:21).
10. **Unbelief** manifests through negativity. It flows out of our hearts. When we speak positive words, we're expressing faith in the truth that God is bigger than the facts of a difficult situation (Hebrews 3:12–13). God wants to bless us, but first our mouths must line up with His Word.

Talk

1. What stood out to you from this message?
2. Which of the ten deadly sins do you struggle with?
3. Pastor Robert talked about being accountable and correctable as the way to breaking strongholds in our life. Do you have someone like that in your life who can keep you accountable for the sins of your mouth? If not, who might you ask?
4. Read Ephesians 4:29. Have the group read it aloud in different translations of the Bible, to hear it expressed several ways. How can this truth help us overcome the ten deadly sins of the mouth?

Live

Memorize Ephesians 4:29. Write it on a note card, print it out or save it on your phone. Review it often until you can say it from memory.

Pray

Thank God that Jesus died to set you free from the sins of your mouth! Confess to Him and ask forgiveness for anything He has shown you through this message. Praise God for His goodness, mercy and faithfulness. Ask the Holy Spirit to empower you to use your words for blessing and not for cursing.