






Guarding Our Words: Avoiding Gossip and Slander



Explore biblical wisdom to overcome gossip and slander, cultivating speech that honors God and builds community.



Table of contents

<u>Introduction</u>	3
<u>Day 1:  The Power of Words</u>	4
<u>Day 2:  Understanding Gossip's Roots</u>	10
<u>Day 3:  Speaking Life and Encouragement</u>	16



Introduction

Welcome to this **three-day journey** focused on the power of our words, especially guarding against gossip and slander. The Bible gives us timeless guidance on how our speech can either build others up or tear them down. Proverbs 16:28 warns clearly: "A perverse person stirs up conflict, and a gossip separates close friends." This study invites you to reflect deeply on your conversations and challenges you to embrace speech that reflects God's love and truth.

Gossip and slander can seem harmless or even entertaining at times, but they have destructive consequences on relationships and communities. This study will help you understand why God calls us to avoid such speech, how it damages trust, and how choosing to speak life instead transforms not only ourselves but those around us.

Each day brings Scripture for meditation, thoughtful devotionals, and reflective questions, guiding you toward a practice of careful and loving communication. As we learn to control our tongues, we grow closer to God's heart for unity and peace. Let's embark on this journey to honor God with our words, building a legacy of kindness and truth.





Day 1: The Power of Words



Your Verse

Proverbs 16:28 NIV - "A perverse person stirs up conflict, and a gossip separates close friends."

Supporting Scriptures

- *James 3:5-6 - "The tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark."*
- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*



Devotional: Recognizing the Destructive Power of Gossip

Words carry immense power. Proverbs 16:28 reveals the destructive nature of gossip, showing how careless talk can dismantle close relationships. When we gossip, we become sparks setting forests ablaze—just as James 3:5–6 illustrates. Our tongues may be small, but their impact is massive.

God calls us to use language wisely, not to tear others down, but to edify and encourage (Ephesians 4:29). Reflect on your recent conversations: have your words caused discord or built peace? Gossip might seem trivial, but its repercussions run deep. Choosing to abstain challenges us to think before speaking and to prioritize truth, kindness, and love.

Today, consider the power you hold in your speech. Pray for self-control and wisdom so that your words become a blessing rather than a source of division. Guard your tongue as a gift from God that can foster friendship and reconciliation.



Day 1: 🗣️ The Power of Words

Reflect and Apply

1. In what ways have my words helped or harmed my relationships recently?

2. How can I exercise more self-control when I feel tempted to gossip?

3. What feelings or motivations often lead me to engage in gossip or slander?



Day 1:  The Power of Words

Journaling Prompts

1. Write about a time when gossip caused a conflict in your life or community.

2. List three positive phrases you can use to replace gossip.

3. Reflect on what it means to use your words to build others up.



Day 1: 🗣️ The Power of Words

Prayer for Today

Dear Lord, please help me understand the weight of my words. Teach me to speak with kindness and wisdom, avoiding gossip that breaks trust and sows division. Grant me self-control to resist harmful talk and courage to promote peace instead. May my speech reflect Your love and build up those around me. In Jesus' name I pray. *Amen.* 🙏🗣️💬❤️





Day 2: 🔍 Understanding Gossip's Roots



Your Verse

Psalms 34:13 NIV – "Keep your tongue from evil and your lips from telling lies."

Supporting Scriptures

- *Proverbs 11:13 – "A gossip betrays a confidence, but a trustworthy person keeps a secret."*
- *Colossians 3:8 – "But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."*



Devotional: Roots of Gossip and the Call to Purify Speech

Gossip often stems from hidden roots like insecurity, jealousy, or a desire for control. Psalm 34:13 urges us to guard our tongues and avoid lies, highlighting the need for truthful and careful speech. Gossip is not just idle chatter; it can involve betrayal, as Proverbs 11:13 points out, breaking confidence and trust.

Colossians 3:8 calls believers to intentionally remove slander and malice from their speech. This cleansing process requires self-awareness and honesty about the motives behind our words. When we understand the underlying reasons we gossip, we can confront these feelings with God's help and choose a different path.

Take time today to examine your heart. Ask God to reveal any resentment or pride that prompts damaging talk. By inviting His Spirit to transform our communication, we become people who foster healing and not harm.



Reflect and Apply

1. What emotions or situations tend to trigger my gossiping tendencies?

2. How does betraying confidence affect my relationships and my testimony as a Christian?

3. What steps can I take to rid myself of anger, malice, and slander in my speech?



Day 2: 🔍 Understanding Gossip's Roots

Journaling Prompts

1. Identify a specific root cause of gossip in your life and write about it honestly.

2. Script a prayer asking God to help you replace harmful words with truth and love.

3. Describe how trust is built or broken through speech in your relationships.



Day 2: 🔍 Understanding Gossip's Roots

Prayer for Today

Heavenly Father, expose the areas in my heart where gossip takes root. Help me to remove anger, jealousy, and malice that feed this temptation. Teach me to speak only truth that honors You and builds trust. May Your Holy Spirit guide my words so they bring healing rather than hurt. Transform me into a person known for integrity and grace in speech. *In Jesus' name, Amen.* 🙏📖





Day 3: 🌿 Speaking Life and Encouragement



Your Verse

Proverbs 12:18 NIV – "The words of the reckless pierce like swords, but the tongue of the wise brings healing."

Supporting Scriptures

- *Matthew 12:36-37 – "...everyone will have to give account on the day of judgment for every empty word they have spoken."*
- *1 Thessalonians 5:11 – "Therefore encourage one another and build each other up."*



Day 3: 🌿 Speaking Life and Encouragement

Devotional: Choosing Words That Heal and Encourage

Our words have the potential to bring life or death. Proverbs 12:18 contrasts reckless words that wound like swords with wise words that heal. This is a call to choose speech that reflects God's healing love.

Jesus reminds us in Matthew 12:36–37 that we will be held accountable for every word we speak, encouraging us to be mindful and holy in our communication. 1 Thessalonians 5:11 further urges believers to encourage and build each other up, highlighting the positive purpose of our words.

Today is about intentionally speaking life. Pause before you speak and ask if your words will uplift, comfort, or restore someone. When we commit to abandoning gossip and slander, we actively participate in God's redemptive work through our speech. Let's be known as people who promote peace, hope, and encouragement in every conversation.



Reflect and Apply

1. How can I use my words today to encourage and uplift others?

2. What does it mean to give an account for every word spoken?

3. In what ways can I practice speaking life even when it is difficult?



Day 3: 🌿 Speaking Life and Encouragement

Journaling Prompts

1. Write down five encouraging phrases you want to use regularly.

2. Recall a moment when someone's words healed or encouraged you; describe it.

3. Commit to one practical way you will avoid gossip and promote encouragement this week.



Day 3: 🌿 Speaking Life and Encouragement

Prayer for Today

Lord Jesus, thank You for showing me the impact of my words. Help me to be wise and intentional, choosing to speak life and encouragement. Guard my tongue from reckless speech and slander. Fill me with Your Spirit so that my words may heal and build up those around me. May I bring glory to You through every conversation. *In Your holy name, Amen.* 💬 ❤️ ✨ 🙏





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.