# Speak Life: Women Overcoming Gossip



A 7-day journey empowering women to combat gossip, embracing words that build up, heal, and reflect Christ's love in every conversation.





#### Table of contents

<u>Introduction</u>	3
Day 1: A The Power of Words	5
Day 2: B Guarding Your Heart and Lips	11
Day 3: R Speaking with Grace and Truth	17
<u>Day 4: Recognizing and Rejecting Gossip</u>	23
Day 5: Encouraging Others with Your Words	29
Day 6: Practicing Forgiveness and Restoration	35
Day 7: 🐪 Living as Women Who Speak Life	41







#### Introduction

Welcome to a transformative 7-day Bible study dedicated to women who desire to conquer the challenge of gossip within Christian circles. Speaking life and encouragement, rather than destruction, is a vital calling for every believer. Sadly, gossip can fracture relationships, shatter trust, and hinder the unity we're called to embody as the Body of Christ.

Why focus on gossip? Gossip is not just idle chatter; it is a spiritual battle that impacts how we reflect Christ's love to others. Women often hold a unique place of influence in families, churches, and communities. Through our words, we can either harm or heal. This study aims to empower women to choose words that bring restoration, hope, and life.

What can you expect in this journey? Each day includes a primary scripture to anchor your heart, supporting verses to deepen your understanding, and a devotional crafted to inspire life-giving speech. You'll find reflection questions to engage your mind and journaling prompts to capture what the Holy Spirit reveals to you.

Remember, *God's Word urges us to be quick to listen, slow to speak, and slow to become angry* (James 1:19), paving the way to speak grace and truth. By the end of these seven days, you will better understand how to combat gossip with God's wisdom and love, allowing your words to uplift and unite.







Let's walk this path together — speaking life, not destruction, with every word. \$









# Day 1: Power of Words









Day 1: A The Power of Words

#### Your Verse

Proverbs 18:21 – "The tongue has the power of life and death, and those who love it will eat its fruit."

#### **Supporting Scriptures**

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."
- James 3:5 "Likewise, the tongue is a small part of the body, but it makes great boasts."







Day 1: A The Power of Words

#### Devotional: The Life-Giving Power of Your Words

**Words shape reality.** Proverbs 18:21 reminds us that our tongues carry life or death. For women in Christian communities, this highlights the spiritual responsibility we carry whenever we speak. Gossip distorts truth, harms reputations, and breeds division. Yet, God calls us to use our tongues to *build up*, encouraging truth and grace.

Imagine the impact if every woman spoke words that infused life, hope, and healing. Instead of tearing down, our conversations could create environments where love thrives undeterred.

Recognizing the power of words is the first step in overcoming gossip. Let's choose words that honor God, respect others, and foster unity. Ask the Holy Spirit to help you guard your speech and transform your conversations.







Day 1: 💁 The Power of Words

### Reflect and Apply

1.	How have your words previously built up or hurt others?
2.	In what situations do you find it most challenging to control gossip?
3.	What motivates you to speak life rather than destruction?







Day 1: 💁 The Power of Words

### **Journaling Prompts**

1.	Write about a time when gossip nearly affected you or someone you love.
	List three scriptures that remind you of the importance of guarding your speech.
3.	Describe how you want your words to impact your church or family.







Day 1: A The Power of Words

#### Prayer for Today

**Lord,** I acknowledge the power my words carry. Help me to use my tongue wisely and avoid gossip that tears down. Fill me with Your Spirit so that each conversation reflects *Your love and truth*. Teach me to speak life and be a source of encouragement to others. Guide my heart to foster unity and healing with every word I say. In Jesus' name, Amen.  $\bigwedge$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 







# Day 2: BGuarding Your Heart and Lips









Day 2: **B** Guarding Your Heart and Lips

#### Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

#### **Supporting Scriptures**

- Psalm 34:13 "Keep your tongue from evil and your lips from telling lies."
- 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."







Day 2: B Guarding Your Heart and Lips

#### Devotional: Protect Your Heart to Speak Life

Gossip originates from the heart. Proverbs 4:23 teaches us the importance of guarding what's inside, because it influences every aspect of life—including our words. When bitterness, jealousy, or anger take root, they often find expression through gossip and slander.

As Christian women, we must be vigilant not only about what we say but also about what we hold inside. Guarding your heart involves regular self-examination and seeking God's healing and renewal.

By surrendering negative emotions to God, you create space for kindness, patience, and love to grow. Then, your lips will naturally speak words that bless rather than break.







Day 2: 💋 Guarding Your Heart and Lips

# Reflect and Apply

1.	What emotions or attitudes in your heart might be fueling gossip tendencies?
2.	How can you practically guard your heart daily?
3.	Who can you seek accountability from in your struggle with gossip?







Day 2: **B** Guarding Your Heart and Lips

### **Journaling Prompts**

1.	Write about feelings you notice before you engage in gossip.
2	List strategies to redirect your thoughts when tempted to gossip.
ے.	
3.	Describe ways your relationships improve when you guard your heart.







Day 2: **B** Guarding Your Heart and Lips

#### **Prayer for Today**

**Father,** guard my heart from bitterness, jealousy, and anger. Purify my inner being so that my words reflect Your grace and love. Help me to surrender negative emotions and fill me with Your peace so I no longer spread harm with my speech. Teach me wisdom and self-control in all my conversations. In Jesus' name, Amen.

















#### Your Verse

Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

#### **Supporting Scriptures**

- Ephesians 4:15 "Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."
- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."







#### Devotional: Balance Truth with Grace in Speech

**Grace and truth are not opposing forces.** Rather, they work in harmony in the life of a believer. Gossip often distorts truth without grace, leading to destruction.

Colossians 4:6 encourages us to let our speech be full of grace, "seasoned with salt," meaning our words should preserve, enhance, and bring healing. We strive to address others with love and honesty — not in harsh judgment or veiled cruelty.

By embracing this balance, you become a powerful witness in your community. People notice when women choose kindness and integrity over gossip and slander. You can answer every situation with wisdom and compassion, reflecting Christ's character.







### Reflect and Apply

1.	Do you find it easier to speak truth or show grace in difficult conversations?
2.	How can you bring more grace into your everyday talks?
3.	Reflect on a time when grace diffused a potentially harmful conversation.







#### **Journaling Prompts**

1.	Record an instance when speaking truth lovingly made a difference.
2.	Write about how you can improve balancing honesty and kindness.
3.	List encouraging phrases you can use to replace gossip.







#### Prayer for Today

**Jesus,** help me to speak with grace and truth every day. Teach me to be honest without harming others and to offer kindness that reflects Your heart. Let my words be seasoned with salt — preserving relationships, encouraging souls, and glorifying Your name. Fill me with Your Spirit's wisdom. Amen.  $\cancel{B} \Leftrightarrow \Box$ 















#### Your Verse

Romans 1:29 - "They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips."

#### **Supporting Scriptures**

- 2 Timothy 2:16 "Avoid godless chatter, because those who indulge in it will become more and more ungodly."
- Proverbs 26:20 "Without wood a fire goes out; without a gossip a quarrel dies down."







#### Devotional: Spot and Shun Gossip's Influence

**Identifying gossip in our own speech and environments is crucial.** Romans 1:29 offers a stark description of the destructive effects gossip carries. When left unchecked, it fuels envy, strife, and deceit.

God calls us to reject such behavior. 2 Timothy warns against godless chatter that pulls us away from holiness. Recognizing gossip is not always easy, especially when it's disguised as concern or small talk.

By intentionally refusing to participate or encourage gossip, you starve the fire of division. You become a peacemaker, instrumental in fostering unity and healing.







# Reflect and Apply

1.	Where have you noticed gossip affecting your faith community?
2.	What are some subtle forms gossip can take?
3.	How can you respond immediately when you hear gossip starting?







### **Journaling Prompts**

1.	Recall a time you recognized gossip but chose not to participate.
2.	Write about the emotions gossip stirs within you.
3.	Plan practical steps to avoid or diffuse gossip moments.







#### Prayer for Today

**Lord,** open my eyes to recognize gossip and its harmful effects. Give me strength to say no to harmful chatter and to stand firm in Your truth. Help me become a source of peace and encouragement, shining Your light in every conversation. Guard my heart and lips from evil. In Jesus' name, Amen. 😂 💍















#### Your Verse

1 Thessalonians 5:11 - "Therefore encourage one another and build each other up, just as in fact you are doing."

#### **Supporting Scriptures**

- Hebrews 10:24 "And let us consider how we may spur one another on toward love and good deeds."
- Proverbs 12:25 "Anxiety weighs down the heart, but a kind word cheers it up."







#### Devotional: Speak Words That Build and Encourage

Women have an incredible ability to inspire and uplift through words. In 1 Thessalonians 5:11, the scripture encourages believers to build each other up continually.

Choosing to encourage others consciously combats the negativity gossip spreads. Uplifting words can heal wounds and foster a supportive spiritual family.

Look for opportunities to speak hope, thankfulness, and grace into women's lives around you. Your words could be the light in someone's dark moment. Remember, even small kind words carry eternal value.







# Reflect and Apply

1.	How often do you consciously encourage others?
2.	Who in your circle needs uplifting words today?
3.	In what ways can you be intentional about speaking positive life into your community?







# Journaling Prompts

1.	. List three encouraging phrases you can use often.
2.	. Write about a time you were encouraged by someone's words.
3.	. Plan a kind word or note you can share this week.







#### Prayer for Today

**God,** thank You for the gift of words that uplift and encourage. Help me be a source of hope and strength in my community. Teach me to speak with intention, building others up and reflecting Your love. May my words bring joy and peace, shining Your light brightly. In Jesus' name, Amen. \*







# Day 6: Practicing Forgiveness and Restoration









Day 6: Day 6: Practicing Forgiveness and Restoration

#### Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

#### **Supporting Scriptures**

- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."







Day 6: Conversion Practicing Forgiveness and Restoration

#### Devotional: Forgive to Heal and Restore

Gossip wounds relationships deeply, but forgiveness opens the door to healing. Ephesians 4:32 reminds us that as we have received forgiveness from Christ, we too must forgive others.

When you encounter gossip, whether as the speaker, recipient, or target, extending kindness and forgiveness is critical. Restoration may require honest conversations, prayer, and grace.

Forgiveness breaks the cycle of hurt and empowers women to foster genuine unity in the church. Remember, God's grace toward you is the model and motivation for your own graciousness.







Day 6: Practicing Forgiveness and Restoration

### Reflect and Apply

1.	Is there someone you need to forgive related to gossip or hurtful words?
	How does remembering God's forgiveness affect your willingness to forgive?
3.	What steps can you take to restore trust after gossip has caused damage?







Day 6: Practicing Forgiveness and Restoration

#### **Journaling Prompts**

1.	Write a letter of forgiveness (you don't need to send it).
2.	Reflect on how God's forgiveness changed your life.
3.	Identify ways to seek restoration in a damaged relationship.







Day 6: OPracticing Forgiveness and Restoration

#### Prayer for Today

Lord Jesus, teach me to forgive as You have forgiven me. Heal any wounds caused by gossip and make my heart compassionate and kind. Help me pursue restoration and peace in my relationships, reflecting Your grace. May forgiveness flow freely through me, bringing Your healing power. Amen. 🤎





















#### Your Verse

Psalm 19:14 – "May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer."

#### **Supporting Scriptures**

- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."
- Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."







#### Devotional: A Life Marked by Words That Honor God

As we conclude this study, consider how your words honor God and reflect your heart. Psalm 19:14 is a heartfelt prayer for speech that pleases the Lord. Living as women who speak life means aligning our mouths and hearts with God's truth and love daily.

Romans 12:10 reminds us to honor others above ourselves, which naturally discourages gossip and promotes genuine care. Philippians 4:8 encourages focusing on what is pure and praiseworthy, guiding our thoughts and thus our speech.

Let your lifestyle be a testimony to the power of God's Word transforming speech. Choose daily to speak life, blessing your community and glorifying God.







### Reflect and Apply

1.	How will you continue to guard your speech in challenging situations?
2.	What habits can you develop to ensure your words remain life-giving?
3.	How can you encourage other women to speak life in their communities?







#### **Journaling Prompts**

Commit in writing to a personal promise about your speech.
Write a prayer asking God to help you honor Him with your words.
List practical actions for cultivating a heart aligned with Philippians 4:8.







#### **Prayer for Today**

**Heavenly Father,** may the words from my mouth and the meditations of my heart please You. Empower me to honor others above myself and think on what is pure and good. Help me lead by example, speaking life and encouragement in every conversation. Use me as an instrument of Your peace and love. In Jesus' name, Amen. (\*\*)







#### Where God's Word Meets Your Daily Life



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.



- 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 <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



E Connect with us at:

Facebook • Instagram • YouTube • TikTok

© 2025 HolyJot LLC. All Rights Reserved.

You are welcome to share this PDF with others.

ase keep it intact so the full study and credits remain.