



The Wisdom of Discretion: Speaking with Purpose

Proverbs 10:19 - Too much talk leads to sin. Be sensible and keep your mouth shut.

- Have there been times when speaking too much caused regret or confusion?

- How do you personally define the difference between sharing and oversharing?

- What helps you know when to speak and when to stay silent?

1. **Ecclesiastes 3:7** - "A time to keep silence, and a time to speak."

- How can I discern when it's the right time to speak?

- Are there moments when silence protects or blesses someone?

2. **Proverbs 13:3** - "Those who guard their lips preserve their lives, but those who speak rashly will come to ruin."

- What does “guarding your lips” look like in everyday life, especially in conversations or online?

- How can you pause before speaking to make sure your words bring peace or wisdom?

3. **Matthew 7:6** - “Do not give dogs what is sacred; do not throw your pearls to pigs...”

- What are the “pearls” in your life that deserve protection and care?

- Who are the safe people God has placed in your life to hear your story?

Prayer

Take a quiet moment to sit with the Lord and reflect. Then write your prayer below. Lord, give me wisdom to know when to speak and when to stay silent. Help me protect what’s sacred and share only what brings You glory. Teach me how to be vulnerable with grace and to honor my story by stewarding it well. Let my words bring healing, not heaviness. Let them be guided by the Spirit, not pressure. In Jesus’ name, amen.

