

# CROSS EXAMINE

## “RENEWING MY VOICE”

March 29, 2020

*"For [your] mouth speaks from an overflow of the heart." - Jesus (Luke 6:45c)*

Your voice is powerful. Your voice is telling. And your voice is worth examining.

### Let Scripture Speak

Start with a quick revisit to Jesus' words in Luke 6:43-45.

All of Scripture has quite a bit to say about our words, their power, and the accountability we have to what we say. Consider each of these Scriptures (and others, if you would like). What do they add to your understanding?

Matthew 12:33-37

Matthew 15:10-11

Psalms 119:171-173; 141:3

Proverbs 12:18-19; 15:4; 15:28; 21:23; 26:20

Colossians 4:6

Ephesians 4:29

Others:

### Take Some Time to Search Your Voice

Think about a few recent conversations or messages you've shared. Bring to mind the person and the context. Then apply these checkpoints to your voice. What does God reveal to you as you honestly reflect?

If you are in a group setting, consider reflecting individually and then, as you are comfortable, share with one another a few characteristics that God reveals to you.

**The Content** | Were your words true and accurate?  
(Psalm 34:13; John 8:32)

**The Tone** | Did your tone carry the desired feel?  
(Proverbs 15:1-2)

**The Timing** | Was this a good time to speak these particular words? Could the timing have been better?  
(James 1:19; Ephesians 4:26; Proverbs 17:27)

**Your Motivation** | What did you hope to achieve with these words?  
(Psalm 19:14)

**The Reception** | How did the hearer receive your message? While you can't control how your words are received, what can you learn from reflecting back?  
(Proverbs 15:5 and 16:24)

### It's Time to Act

Undoubtedly, an area or two of your voice are in need of God's reshaping. Take this time to put a name to your struggle (i.e. my words are often reactive, or my tone puts others on the defensive).

Create some accountability. In Psalm 141:1-3, King David seeks God's accountability in his speaking. Whether between you and God in prayer, or also in the mix of a circle of trusted people, commit to working on how you live out your voice.

As you surrender this struggle to God, be ready for His Spirit to renew your voice and the heart it is overflowing from. It's exciting to watch God transform our impact on the people we care about.