**Say | Week 7 | Nothing**

**Lean In**

Tell a funny story about a time when you said something that you immediately wished you could take back?

Have there been any other times when something has been said to you, or you have said something that did not need to be said?

**Look Down**

“Better to remain silent and be thought a fool than to speak and to remove all doubt.”

— ABRAHAM LINCOLN

Or in the words of King Solomon, the smartest guy apart from Jesus, (and apart from the 300 wives and 700 girlfriends, but that’s a story for another time)

*Proverbs 17:28; “Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent.”*

What is the message that both Lincoln, and Solomon, are communicating?

**Look In**

The Apostle Paul had a couple things to say about this as well:

*Ephesians 4:29 NIV; “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen*.”

I really love the Passion translation of this verse:

*“And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts[*[*a*](https://www.biblegateway.com/passage/?search=Ephesians%204%3A29&version=TPT#fen-TPT-10609a)*] that encourage others; do this by speaking words of grace to help them.”*

**Live it Out**

How can we listen quicker instead of speaking quicker?

Hint: LISTEN and SILENT use the same words.

“Seek first to understand, then to be understood.” – Steven Covey