

**STUDY GUIDE**

**for  
Group Sessions**

# Just Say

**4** Phrases That  
Will **Change**  
**Your Life**  
**FOREVER!**



# It!

**Dr. Cheryl  
Bauman**

Understanding the Power of the Spoken Word

*Just Say It!*

**4 Phrases That Will Change Your Life FOREVER!**

JustSayIt

**STUDY GUIDE for GROUP SESSIONS**

**Dr. Cheryl Bauman**

## Introduction

Wherever you find yourself on this journey, my hope is that you will be abundantly blessed as you initiate the study of the book, *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* As you choose to speak blessings over others, remember, that is how God has always intended for us to interact. We were created out of the Power of the Spoken Word as He spoke forth blessings over us and commissioned us to bless others. My hope through this series of study lessons is that you are able to more fully appreciate and fully understand the Power that is in the Spoken Word.

I am so excited that you have decided to continue on this journey of speaking words of truth and blessing into your life and the lives of others around you. I guarantee you that your life will change for the better and that the lives around you will as well! There is so much power in the spoken word. I know I am living proof and you can be as well! It is my hope and prayer that as you read the book *Just Say It! 4 Phrases That Will Change Your Life FOREVER!*, and as you use this study guide that God will reveal to you, the awesome power that is in His spoken words and your spoken words.

*“Therefore encourage one another and build each other up, just as in fact you are doing” (1 Thessalonians 5:11, NIV).*

Dr. Cheryl Bauman

## Outline for the *Just Say It!* Study Guide

There are 5 lessons in this study guide, one for each chapter in the book, *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* Located on the following page is a suggested framework for each lesson.

Your study group can use the suggested framework and follow along as is, or your group can modify the framework to suit the needs of your members. You can work through all of the suggested areas in each lesson, or pick and choose which areas you will focus on, i.e. not doing the “activity” section or deciding to say your own prayers at the beginning and the end of each session.

If you and your group members are finding that there are too many sections to each lesson, another option is to divide each lesson into two – so instead of a five lesson study guide it could be a ten lesson study guide.

The main goals that I had for writing this free downloadable study guide are for you to have fun as you purposefully continue to develop and grow in your relationships with each other and with the people in your daily lives so that you unlock your full potential and fulfill your purposes here on earth!

## Framework for the Study Guide Lessons

- Lesson Focus
- Materials Required
- Music - Listen/Sing/Praise and Thank God
- Opening Prayer
- Share
- Discussion
- Scriptures/Study Questions
- Activity
- Reflect on the Activity
- Challenge of the Week
- Reminder
- Closing Prayer

## 10 Considerations as You Begin to Plan for the Study Group

1. Where will the study group take place?
2. Will there be one person leading the study group or will the leadership position be rotated from week to week?
3. Will there be one person or several people responsible for organizing the materials required for the group sessions?
4. All group members should try to have the focus lesson chapter read prior to the study group session.
5. Music is suggested to begin each study group session. Music transcends all barriers and puts us in a place of true worship and thanksgiving. Through my own personal experiences, I have discovered that music helps to set the stage for a humble and authentic heart.
6. Throughout the study guide there are places provided for group members to write their answers to the questions/reflections. Areas to write answers are provided only as an option, as groups can write and then read their answers, or they can just answer verbally to the questions/reflection areas. Again, the entire framework for this study guide is only a recommendation and can be altered in any way to meet the needs of the group members.
7. Each group member should try to obtain their own copy of the book *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* It is available through Amazon.com/.ca, WestBow Press, Chapters/Indigo.ca and Barnes and Noble.
8. Within the study group it can be decided who will be responsible to print/ provide the copies of the study guide. Will it be one group member? Or will each individual member be responsible to print out his/her copies?
9. Does every group member require a copy of the study guide? Will people share?
10. Please remember to visit the website [www.justsayit.today](http://www.justsayit.today) to share your stories.



## Lesson 1

### Lesson Focus: I Believe in You!

#### Materials Required

- Bible - one per person if possible
- Book - *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* - one per person if possible
- Printed copies of the free study guide – located at [www.justsayit.today](http://www.justsayit.today)
- Pen – one per person

#### Music

- Listen/Sing/Praise and Thank God

#### Opening Prayer (this prayer is only a suggestion - you can use your own prayer)

Dear God,

We pray for each of us as we have decided to dedicate time to begin this journey of speaking genuine words of truth and blessing into our own life and into the lives of others around us. We pray that as we have made this commitment, God will demonstrate to us the positive changes that are happening in our life and in the lives of the people whom we choose to *Just Say It!* Let each one of us shine our light as God continually reveals to us the power that is in speaking positive, affirming words to ourselves and to each other. We pray God's blessings upon us always.

God, guide us in all that we think and say - Amen.

## Share

- Share a time when someone in your life spoke the powerful words, “I believe in you!”
- Share with the group the impact that these powerful words, “I believe in you!” have had on your life.

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## Discussion

After reading Chapter One “I Believe in You” from the book *Just Say It! 4 Phrases That Will Change Your Life FOREVER*, in your study group discuss the following questions with regards to social media:

- As a result of the conveniences of social media, has your communication focus now gone to quantity instead of quality?
- Will you text or e-mail someone in the next room instead of going to talk with him or her?
- Has your form of communicating with others using modern technology now become less authentic?
- Has social media actually made you less social?
- What steps can you take to ensure that you continue to maintain quality communication and remain social with others?

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## Scriptures/Study Questions

What does the bible say about the power of the spoken words, “I believe in you”?

**Read:** “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” (Ephesians 4:29 NIV).

**Ask yourself and each other:**

- Are you allowing unwholesome talk to come out of your mouth?
  - How can you use the powerful words found in this scripture verse to help you speak the words, “I believe in you” to someone in your life?
  - Who will this someone be?
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## Activity

This activity involves face-to-face communication as is promoted in the book *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* I realize that we must rely on social media and technology for our communication, as this is the day and age that we live in. It is nearly impossible to live without some form of electronic devices as they are a very convenient form of communication. However, during this activity you will focus on face-to-face communication and the importance of the spoken word as you socialize and interact with the members of your study group.

- Arrange yourselves into groups of three.
- In your groups of three you will take turns being the **observer**, the **listener** and the person **practicing** face-to-face communication using the spoken word.
- One person will be the **observer**, one person will be the **listener** and one person will **practice** a script by saying the words, “I believe in you”. Then, after you have de-briefed you will switch roles until each member has had the opportunity to practice in all three roles.

### **The person who is practicing saying, “I believe in you”:**

- Think about the person in your life that you are going to make an effort with this week to say the powerful words, “**I believe in you**” to?
- Practice a script that you will say to them with the person who is the listener.
- Remember how important being authentic is by the words that you choose to use, by your tone of voice, and by your body language.
- Remember to make eye contact and to speak in a genuine, truthful, kind and positive manner.

Note: As you are considering who you might use the words, “I believe in you” with this coming week, I would suggest choosing a person with whom you have a positive relationship with or only minor mishaps have occurred and have unfortunately had the opportunity to cause minor misinterpretations in your relationship.

If you choose a person with whom you want to mend your relationship with, I would recommend that it be a relationship where only minor mends need to occur. I would suggest not beginning with a person to whom you have had major communication issues with, as that healing may come slowly in time, in God’s perfect time. I suggest praying and seeking God’s guidance and direction with whom the person that you are to use the words “I believe in you” with this week. God is faithful, if you listen to His voice, He will guide and direct you.

### **The person who is the listener:**

- Your role is to listen intently.
- You are not to speak, you are just to listen.
- As the listener, you need to be authentic and demonstrate a true interest in what the person who is practicing is actually saying.
- Some ideas as to how you can do this is to make eye contact and use non-verbal cues such as positive affirming body language that is turned towards the person. Nodding your head in agreement and smiling is very reassuring.
- Remember to show genuine compassion towards the person who is practicing. Do not be judgmental.
- Demonstrate empathy and understanding through your body language.

### **The person who is the observer:**

- Your role is to observe both the **person** who is **practicing** saying, “I believe in you” and the **person** who is **listening** by providing both of them with feedback at the end of this first round.
- You need to observe the tone of voice used by the **person practicing**, as well as their body language and listen to the words that they are speaking.
- You need to observe the non-verbal cues of the **person listening**. Are they reinforcing positive, authentic, face-to-face non-verbal communication?
- Your role is to observe, not to speak.

### **Debrief:**

As **the person who was practicing** using the powerful spoken words, “I believe in you”:

- How did this make you feel speaking these powerful words out loud?
- How do you think it made the person who was listening feel?
- What was easy about this conversation?
- What was challenging about this conversation?

### **As the listener:**

- How did it make you feel to hear the words, “I believe in you”?
- As the listener, was it difficult to just listen and to not say anything, reinforcing only through non-verbal communication?
- Discuss the challenges of only being able to listen and to not speak.
- Discuss the effectiveness of just listening and not speaking and why it is important in a conversation such as this.

As **the observer**:

- What did you observe regarding the person who was practicing?
  - What did they do well at?
  - What areas could they improve upon?
- What did you observe about the listener?
  - What did they do well at?
  - What areas could they improve upon?
- As the observer, was it difficult to just observe and to not say anything?
- Discuss the challenges of only being able to observe and to not speak.
- Discuss the effectiveness of just observing and not speaking and why it is important in a conversation such as this.

As a **group of three** discuss:

- How was this conversation enhanced by using face-to-face communication?
- If this conversation was conducted using social media what would have been different about it?
- If this conversation was conducted using social media what would have been similar about it?

Switch roles until all three of you have held each role as the person **practicing**, **listening** and **observing**.

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## Reflect on the Activity

Reflect on the scripture, “I am a new creature in Christ: old things have passed away; behold, all things are become new” (2 Corinthians 5:17, KJV).

This scripture reminds all of us that we are continually changing and growing. Each new day, if we remain in His word, we are new creatures every single day as we are continually changing. So, you may mess up, however, do not condemn yourself, just continue on this journey remembering that no one is perfect. If you remain in Christ, He will be faithful to help you as you decide to change the way that you *Just Say It!* to others.

By embarking on this journey, remember both you and your group members are choosing to change the way that you all *Just Say It!* You are all new creatures in Christ every single day. You need to commit daily to believing both yourself and your study group members are new people with new characters.

If you observe your group members talking in new and positive ways by genuinely using the power of the spoken word to encourage others, do not remind them of who they were before; instead, encourage them with the new language that they are using.

In the same manner, do not condemn if you see that a group member is slipping into old patterns of speech. No one is perfect. Instead of condemning, pray for them and ask God to guide and direct them so that they will have the courage and the strength to change and that they will have the confidence to demonstrate their change to others around them.

Every day if you firmly commit to changing your habits in terms of how you speak to yourself and to others, you will become more and more like Christ. You need to believe by faith that you are a new creature in Christ and that they are as well. Do not remind yourself of your old ways and do not remind them of their old ways. You have committed to a new way of speaking to yourself and to each other. You will never be the same, and neither will they – so don’t condemn – instead rejoice in the new you and the new them!

Change of heart is from the inside out. God sees our hearts. He sees the change long before others do. So, remember don’t condemn, instead encourage!

You can unleash your true potential if you stick to this for the rest of your life here on earth. I guarantee your lives will be forever changed!

## Challenge of the Week

This week step out in faith and be courageous by speaking words of blessings over others. In particular find the person with whom you have made the commitment to say the words, “I believe in you” to. As you practiced during the group activity have a real face-to-face conversation (if possible) using a similar script that you used during the practice group activity.

I challenge you not to use technology to type out your message with the person you have chosen to have this very important conversation with. Now, due to distance, you may have to use the telephone or Skype this person, however, ensure that they can at least hear the tone of your voice. Seeing your non-verbal cues would also be beneficial, but if that is not possible, at least hearing your voice is essential.

I would suggest choosing a person with whom minor mishaps have occurred and have unfortunately had the opportunity to cause minor misinterpretations in your relationship. I would suggest not beginning with a person to whom you have had major communication issues with, as that healing may come slowly in time, in God’s perfect time. I suggest praying and seeking God’s guidance and direction with whom this person is to be. God is faithful, if you listen to His voice, He will guide and direct you.

## Reminder

- Remember to *Just Say It*, “I believe in you”.
- Remember to begin the worldwide phenomenon.
- Remember to share your success stories at [www.justsayit.today](http://www.justsayit.today)

## Closing Prayer (this prayer is only a suggestion - you can supplement your own)

Dear God,

Thank you for providing us with the opportunity to share and to grow in your wisdom and grace. During this week, please help us to speak forth words of blessings over others, as we choose to be authentic, kind and compassionate in our speech.

God, guide us in all that we think and say. Bless us all until we meet again - Amen.



## Lesson 2

### Lesson Focus: I Care!

### Materials Required

- Bible - one per person if possible
- Book - *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* - one per person if possible
- Printed copies of the free study guide – located at [www.justsayit.today](http://www.justsayit.today)
- Pen – one per person

### Music

- Listen/Sing/Praise and Thank God

### Opening Prayer (this prayer is only a suggestion - you can use your own prayer)

Dear God,

We pray for wisdom and guidance as we continue on together in this week's journey by demonstrating that we care for others in what we say and how we say it! Help us to develop caring relationships based on trust, understanding, compassion and authenticity.

Guide us in all that we think and say - Amen.





## Scriptures/Study Questions

**What does the bible say about the power of the spoken words, “I care”?**

**Read:** Proverbs 12:14 “From the fruit of their lips people are filled with good things, and the work of their hands brings them reward” (NIV).

**Ask yourself and each other:**

- How do you use your words to bless others and to demonstrate that you care? At home? At work? At church/community organization? Share examples.
- How do you use your deeds to bless others and to demonstrate that you care? At home? At work? At church/community organization? Share examples.
- Are you fairly consistent with the words that come out of your mouth?
- Are you genuine and caring with your words?
- If you are, how have you developed this habit?
- What has kept you consistent in using positive words when speaking to others?

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# Activity

## Free Fall Activity

Arrange yourselves into groups of two. In your groups of two, one partner will turn around with their back facing towards their partner's front. The person with their back facing towards their partner's front will "free fall" backwards into the arms of their partner. When you have finished this activity, switch roles..... then discuss the following questions in your larger group.

- Did you trust that your partner would catch you? Why or why not?
- What did it take to convince you to "free fall" backwards into your partner's arms?
- How did your partner demonstrate that they cared?
- Did your partner need to say any words to reassure you that they cared for you as you were "free falling"?
- Did your partner *Just Say It!* using the powerful words "I care" to help convince you and assure you that you were going to be OK?
- \*Repeat this activity if you and your partner did not speak the words, "I care" to each other during this activity.
- If your partner did speak the powerful words, "I care" to you did you believe them that they cared?
- Did hearing your partner speak the words, "I care" make it easier to trust them and did it reassure you as you were falling backwards?
- By hearing the words, "I care" did you believe your partner when they spoke them and that he/she would catch you?

\*Reflect on the difference that using these two powerful words "I care" made in terms of your trust towards your partner and your belief that they would in fact catch you!

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## Reflect on the Activity

Trust is fundamental as you demonstrate and tell people that you care! Trust is essential to have right relationships with others. Research demonstrates that in order to develop true trust amongst people each person must be willing to take and understand each other's perspectives. We need to see people and their situation through "their eyes". We need to develop empathy and have unconditional positive regard if we are to have compassion and if we are going to be able to genuinely use the words, "I care" when we talk with others.

- How did the "free fall" activity help you to realize that the words "I care" are so powerful?
- How do you currently use the gift of speaking positive words into the lives of those around you to tell them that you care?
- Do you think that the people in your life believe you when you speak the words, "I care"?
- Do these people trust you when you use the words, "I care"? How do you know?
- Is there someone in your life that you need to continue to develop trust with so that when you use the powerful spoken words, "I care", that they will believe in you and that they will know that you are being genuine with your words?
- What steps will you take to develop this trust?...Remember this may not happen "overnight" ...working on relationships sometimes takes time...pray about it and seek God's will as you seek to speak words of truth and blessing over this person's life.

## Challenge of the Week

Unlock the true potential that lies within your household! Become a true household of faith!

Hold a family meeting to generate ideas and thoughts from all family members as to how all of you can replace negative patterns of speech with positive affirming ones.

- How can you and your household members develop more trust with each other believing that all of you care for the well-being of one another?
- How can you and your household members develop new patterns of talking with each other that exemplifies the positive?
- Set a plan in place as to how you will begin to develop a deeper trust and sense of caring with each other through your spoken words and deeds.
- How will this plan be monitored?

## Reminder

- Remember to *Just Say It*, “I care”.
- Remember to begin the worldwide phenomenon.
- Remember to share your success stories at [www.justsayit.today](http://www.justsayit.today)

## Closing Prayer (this prayer is only a suggestion - you can use your own prayer)

Dear God,

Work in our lives to help us to develop trust in all of our relationships. Please help us to walk humbly before you as we give our lives fully over to you.

God, guide us in all that we think and say. Bless us all until we meet again - Amen.



## Lesson 3

### Lesson Focus: I am Sorry!

### Materials Required

- Bible - one per person if possible
- Book - *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* - one per person if possible
- Printed copies of the free study guide – located at [www.justsayit.today](http://www.justsayit.today)
- Pen – one per person
- Lined paper/blank paper - two sheets per group member

### Music

- Listen/Sing/Praise and Thank God

### Opening Prayer (this prayer is only a suggestion - you can use your own prayer)

Dear God,

Plant within us the courage to *Just Say It!* “I am sorry” when we have done wrong. Help us to walk humbly before you, so that you may be exalted in everything that we say and do.

Help others to see and believe the changes that are happening in our lives. Help us to not live in condemnation, but rather in freedom, joy and peace as we realize that forgiveness is a gift from you....a free gift that sets us free from all condemnation and feelings of shame.

God, guide us in all that we think and say - Amen.







## Activity

This activity is called “snowball”. An ideal size of group for this activity is 6-8 people. If you have 20 people in your group, form three groups. If you have 10 people in your group, remain as one large group.

- Each group member receives two sheets of lined/blank paper
- Using a pen, write down a scenario on each sheet of paper that has happened to you where you needed to say, “I am sorry” – i.e., 1) You became quickly frustrated in line at the grocery store because the cashier was very slow. When you finally reached the check-out you were very rude with the cashier, and spoke unkind words. You also demonstrated your dissatisfaction by using a judgmental tone of voice; or 2) You yelled at your child in anger because he/she was careless and broke a dish. The dish shattered all over the floor.
- Once all group members are finished writing down two scenarios, form a circle.
- Each person will crumple up their two pieces of paper into the shape of two “snowballs”.
- Then all group members will throw their snowballs into the middle of the circle.
- One person at a time will enter the inner circle and choose a snowball.
- \*Note if you choose your own scenario, throw the snowball back into the circle and choose a new snowball.
- The person who has chosen the snowball will read aloud the scenario that is written on the snowball, and reflect on what is written. This person will then explain how they would attempt to rectify the situation. Within their explanation the words, “I am sorry” needs to be said.
- Other group members can also provide their advice on the scenario as well.
- Take turns until every group member has had the opportunity to choose one snowball from the center of the circle.
- Repeat the activity with each person choosing a second snowball, reading the scenario and reflecting on what is written and how they would attempt to resolve the situation and say, “I am sorry”.

## Reflect on the Activity

Saying that you are sorry and truly forgiving yourself and others frees you from strife and puts you in a place of seeking restoration and right relationships with others. Seeking forgiveness is a mindset as well as an act. Forgiveness and the act of true restoration will happen only when our attitude, our thoughts and our heart are genuine. The bible discusses that out of the mouth, the heart speaks.

- What do you think about the suggestions that your group members have made with regards to the scenario that you wrote on the snowball?
- Do you think the suggestions are realistic? Why or why not?
- Do you think you will be able to follow through with the suggestions made by your group members? Why or why not?

## Challenge of the Week

- Have circumstances in your life created extra stress that is causing unforgiveness?
- Make a plan this week to reduce the stress in your life.
- Seek to forgive yourself and others. Forgiveness is a free gift!
- Make a plan this week to seek to forgive yourself and others.

## Reminder

- Remember to *Just Say It*, “I am sorry”.
- Remember to begin the worldwide phenomenon.
- Remember to share your success stories at [www.justsayit.today](http://www.justsayit.today)

## Closing Prayer (this prayer is only a suggestion - you can use your own prayer)

Dear God,

Help us to be more generous with our words. Help us to especially be generous with our words when we have wronged others by acknowledging and saying, “I am sorry”.

God, guide us in all that we think and say. Bless us all until we meet again - Amen.



## Lesson 4

### Lesson Focus: You are Important!

#### Materials Required

- Bible - one per person if possible
- Book - *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* - one per person if possible
- Printed copies of the free study guide – located at [www.justsayit.today](http://www.justsayit.today)
- Pen – one per person
- 4 signs with the following sentences printed on the sign - one sentence per sign:
  - Most of the time I believe I am important
  - Sometimes I believe I am important
  - I never believe I am important
  - I always believe I am important

#### Music

- Listen/Sing/Praise and Thank God

## Opening Prayer (this prayer is only a suggestion - you can use your own prayer)

Dear God,

We praise and thank you that you always tell us how important we are, as this truth is found throughout your scripture. Thank you for the true written word that you have given to us as we are able to speak forth these truths to ourselves and to others.

Please always grant us your wisdom and discernment so that we know that we are created with great plans, plans to prosper us and not to harm us. Let us walk forward in faith proclaiming and believing these plans for our lives.

God, guide us in all that we think and say - Amen.

## Share

- Did you begin a plan to reduce the stress in your life?
- If you did, are you able to share your plan to reduce stress and any successes that you have had?
- Did you make a plan to seek to forgive yourself and others?
- If you did, are you able to share your plan to forgive yourself and others and share any successes that you have had?
- Did you honestly forgive yourself?
- Did you honestly forgive others?
- Share with the group what was easy about last week's challenge.
- Share with the group any difficulties that you may have experienced from last week's challenge.

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# Activity

## 4 Corners Activity

In the four corners of the room, post each of the four signs.

- Most of the time I believe I am important
  - Sometimes I believe I am important
  - I never believe I am important
  - I always believe I am important
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- Ask each member of the group to walk around the room, reading each of the 4 signs.
  - Ask each member to station himself/herself by the statement that most resonates with him/her.
  - Provide members of the 4 smaller groups who have stationed themselves by the same sign, with an opportunity to discuss why that particular statement resonated with them.
  - In the larger study group, ask members to share their thoughts and perspectives.

## Reflect on the Activity

Believing that we can achieve and believing that we are important and that we are designed for a purpose, is definitely a mindset that is developed through a deep unshakable faith. Even when life does not always provide us with ideal circumstances, we need to always believe that we are important and that others around us are also important. We need to unlock our potential and the potential of others. This can only be done with the help of God.

- How can you further ensure that you believe in yourself and believe in others?
- How can you unlock your potential and the potential of others?

## Challenge of the Week

- If you are not currently living up to your full potential, make a plan to unlock your full potential.
- This plans needs to involve seeking God’s will and purpose for your life.
- This plan needs to involve giving God praise and thanksgiving for all He has done in your life and for all that He will continue to do.
- We must remind ourselves and be grateful for all of the blessings that God has given to us.
- Reading Psalm 23 is a good start!

## Reminder

- Remember to *Just Say It*, “You are important”.
- Remember to begin the worldwide phenomenon.
- Remember to share your success stories at [www.justsayit.today](http://www.justsayit.today)

## Closing Prayer (this prayer is only a suggestion - you can use your own prayer)

Dear God,

Thank you so much for the plans that you have for us. Thank you for your unshakeable promise that you have plans that will prosper us and not harm us. Thank you that you give us hope and a future. We are so grateful for your word and for the truth that is in your word. Your word will never return void, you are the author and the finisher, the beginning and the end.

Thank you for being our creator and for holding us always in the palm of your hand. Thank you for telling us always that we are important.

God, guide us in all that we think and say. Bless us all until we meet again - Amen.



## Lesson 5

### Lesson Focus: Be Your Own Encourager!

#### Materials Required

- Bible - one per person if possible
- Book - *Just Say It! 4 Phrases That Will Change Your Life FOREVER!* - one per person if possible
- Printed copies of the free study guide – located at [www.justsayit.today](http://www.justsayit.today)
- Pen – one per person
- Lined paper/blank paper - one sheet per group member
- Pencils – one per group member
- Masking Tape

#### Music

- Listen/Sing/Praise and Thank God





## Scriptures/Study Questions

**What does the bible say about finding strength and courage from God and from within ourselves?**

**Read:** 1 Samuel 30:6, “But David found strength in the Lord his God” (NIV).

**Ask yourself and each other:**

- Are you relying on your own strength or in the strength of God?
  - If you are relying on your own strength, why do you think that is?
  - Are you relying on God’s strength for some things and not for others?
  - How can you rely on God’s strength in all things?
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**What does the bible say about the power of speaking words of encouragement to yourself?**

**Read:** 1 Thessalonians 5:11, “Therefore encourage one another and build each other up, just as in fact you are doing” (NIV).

**Ask yourself and each other:**

- How do you use your words to encourage and to build yourself up?
- How do you use your words to encourage and to build others up?
- When you become discouraged, do you praise and thank God? If so, do you find that you quickly forget your discouragement and focus on encouraging yourself and others?

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**Activity**

- Hand out one piece of paper per person.
- Help each other by taping a piece of paper to each person’s back.
- Have all group members write on the piece of paper on the group members’ backs, one or two encouraging phrases to each of the group members.
- After this activity is completed, help each other to take the pieces of paper off of one another’s backs.
- Take turns reading out loud the encouraging statements written by your group members.

## Reflect on the Activity

- Reflect and discuss the impact on the group dynamics as the positive life affirming statements were read out loud.
- Did you feel strengthened by the positive phrases that you read aloud?
- What impact did this activity have on you as you read out loud the positive statements written by each group member?
- Share your personal impact with the group.

## Challenge for the Week

- Take the activity from this lesson and use it with the family members you live with, or if you live alone, use this activity with friends or family members that you don't live with.
- Write positive encouraging notes to others throughout the week, and also speak forth life giving messages to those around you!
- Choose at least one person this week with whom you will *Just Say It!* by speaking words of encouragement.
- Reflect on how speaking words of encouragement has helped you to find strength and courage from God and from within.

## Reminder

- Remember to “Be your own encourager”.
- Remember to begin the worldwide phenomenon.
- Remember to share your success stories at [www.justsayit.today](http://www.justsayit.today)

## **Closing Prayer** (this prayer is only a suggestion - you can use your own prayer)

Dear God,

Just as Jesus said, not my will, but thy will be done on earth as it is in heaven, God please help us to remember to always give our will, our ways and our words over to you. Just as Jesus also said in scripture that he only spoke what the Father told him to say, God please help us to only speak what you tell us to say. Help us to be so in tune with what you want us to say that we only have the desire to speak your words.

Help us to realize that speaking many words does not necessarily help our circumstances, or the circumstances of others. Instead help us to realize that speaking the right words in truth, love and compassion, seasoned with grace and mercy is what we need to strive for always. You will always provide us with the right words and the right amount of words if we just ask and believe.

In all circumstances please open our mouths that no person can shut them and please close our mouths that no person can open them.

In all circumstances give us strength and courage, as they come from you. Help us to realize that we cannot rely on our own strength and courage believing that all good things come from you!

God, guide us in all that we think and say. Bless us all until we meet again - Amen.

**MY PRAYER** for all of you as you have completed the *Just Say It!* study guide is that you will continue on your journey and that you will always choose to *Just Say It!* in every situation with compassion and truth. I pray that dreams have been reignited, broken relationships have been mended or are on the mend and that new relationships have been formed - all built upon the foundation of speaking forth blessings and encouragement to both yourself and to others.

I pray that you come to a full realization with regards to the power that is in the spoken word and how it can bring forth life, “Gentle words are a tree of life” (Proverbs 15:4a, NLT). I pray that from this day forward that you give your will and your ways over to God. I pray that you will allow Him to direct your path and that you align with the calling that has been on your life from the beginning of time, even before you were knit in your mother’s womb.

I pray that you choose to accept the calling of encouragement in your life and that you use this gift to bless the lives of others. I pray that you will live out what you were created for, what you have been called to do here on earth. I pray that each one of you develops a full understanding and knowledge that one of your main commissions in life is to love and to encourage each other.

I pray that as you speak forth blessings over your life and the lives of others on a continual basis you will be continually forming a new habit, the habit of being a positive, genuine encourager. I pray that you will take on a new character, by striving to put away all negative talk, even in the smallest of things, and instead speak forth the truth in an encouraging and genuine manner all day long.

I pray that because you have made the choice to *Just Say It!* always, that you will see, know and hear what God has in store for you as you encourage yourself and others to fulfill your callings here on earth. I pray that you fully understand that this is a journey and I pray that you do not live in condemnation if you make mistakes. I pray for strength and protection for you both now and always. I pray that you will be blessed when you come in and blessed when you go out - Amen.

**Dr. Cheryl Bauman**