

Words Are Powerful Mentoring Conversation Sheet

Conversation Questions

1. What was the song telling you?
2. In what ways can negative words hurt you?
3. Are there any people in your life that speak negative?
4. In what ways are they speaking negative?
5. Are there ways that you can separate yourself from this negativity? How?
6. Do you struggle with negative thoughts? What are these negative thoughts? (fear, self-doubt, worry, low self-esteem, etc.)
7. Where are these negative thoughts coming from?
8. How can negative thoughts enter your mind from media sources (Social Media, TV, Movies, Music, Videos, Books, Magazines)?
9. Are there any people on your social media that you need to “unfriend” or stop following? Is there any music you need to stop listening to? Is there anything you need to stop reading or watching?
10. How can you fill your mind and heart with positive words and positive thoughts?
11. What should you be saying to yourself about your hopes, dreams and your future?
12. What should you be saying about yourself (who you are and how special you are)?
13. What should you be saying to yourself about the challenges that you are facing now?
14. If you speak positive words to yourself and surround yourself with positive speaking people, how will this affect your life?
15. What does God tell us in His Word about positive and negative words and thoughts? (Read the Bible Verses on the next page and discuss.)

Bible Verses
Words Are Powerful

Proverbs 12:18

The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Proverbs 16:24

**Pleasant words *are like* a honeycomb,
Sweetness to the soul and health to the bones.**

How can negative words damage you? How can positive and wise words help you?

Psalm 1:1-3

**Oh, the joys of those who do not
follow the advice of the wicked,
or stand around with sinners,
or join in with mockers.
But they delight in the law of the LORD,
meditating on it day and night.
They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.**

What is God telling you in these verses about negative words and positive words? How will you get more of God's Words into your mind and heart?

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.

How will you think more about the positive things that are listed in this verse?

Ephesians 4:29

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.

Are you speaking wholesome and positive words to others to build them up? Give some examples.