

SEASON 3



Truth with Handles

the conversation

REFLECTION GUIDE

Episode 2: Avoiding Gossip



walking with purpose

Episode 2: Avoiding Gossip

St. Thomas Aquinas said, "Gossip unjustly harms the reputation of others through either lies or truths shared inappropriately." Gossip is a sin, and it falls under the 8th commandment, "You shall not bear false witness against your neighbor" (Exodus 20:16). It damages the reputation of another, which is one of the most precious things a person has. Fr. Mike Schmitz calls it "everyday betrayal."

Key Verse: "The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks" (Luke 6:45).

1. Everybody gossips and so we have to ask ourselves why? We don't do things that don't serve us. So then how does gossip serve us? Initially it feels good. Often it quiets our hearts just for a moment. For example, when dealing with jealousy and insecurity, I can calm those feelings by putting others down and bringing myself up. But it never lasts. It is a disordered way of dealing with our heart issues.

What do you desire at the bottom of your heart? Take a moment to consider the question prayerfully. How could that desire be driving your behavior when it comes to gossip?

Have you ever found out that you were the subject of gossip? How did it make you feel? How did it affect your relationships with the women in your group?

2. Small minds discuss _____.

Do you find it easier to discuss people or things? Why? What steps can you take to deepen your interest and understanding of different topics that would help you to talk more about things than people?

3. Don't repeat gossip; you will not _____.

James 3:1-5 "Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness. For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body. If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So also, the tongue is a small member, yet it boasts of great things."

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4. Who has control over your tongue? Do you just say whatever comes to your mind without discipline, or are you intentional about what you say?

Psalm 141:3 "Set a guard over my mouth, Lord; keep watch over the door of my lips."

5. I want to be the person that gossips _____.

What do you do when you know the group should stop gossiping? Brainstorm some things you can say or do to avoid gossip in the future.

Notes:

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