



TAMING THE TONGUE

James 3:1-12

- The Potential of Your Tongue. James 3:1,2
 - It reflects my accountability and responsibility.
 - It reveals my maturity.

Matthew 12:33-37

- The Power of Your Tongue. James 3:3-6
Proverbs 18:21
 - It can direct and control my whole life vs. 3-5
What “**winds**” do you need to control? (See digging deeper.)
 - It can destroy my life and relationships. Vs.5, 6
What is the source of your words?

- The Problem with Your Tongue. James 3:7, 8
 - You cannot tame it.

- The Purpose for Your Tongue. James 3:9-12
 - To bless God and not curse people. Vs. 9, 10
 - To offer pure words from a clean heart. Vs. 11, 12
(see digging deeper on how)
Proverbs 18:14

Digging Deeper On James 1:1-12

What is either the funniest or most painful thing you have heard someone say?

The Tongue, so small, yet so influential and powerful. The people James was writing to had some problems with the tongue.

Along with today's passage, read the following and describe the problem with their tongue. Consider and describe a time in your life when these areas were an issue for you.

James 1:26

James 4:1

James 4:11

James 4:16

The tongue has great potential and power. Why is that true and what does Jesus teach about the tongue, our words and heart in **Matthew 12:33-37**?

In vs. 33, what does the analogy of the tree and fruit teach you about your words?

In vs. 34, 35 what do our words reveal?

In vs. 36, 37 what accountability will we have for our words? Which or how many words will be judged?

James 3:3-6 reveals the power of words by using three illustrations of a bit in a horse's mouth, the rudder of a ship and a fire in the forest. Words are very powerful. How powerful according to Proverbs 18:21?

James teaches us that the tongue is like a rudder, guiding a ship in "strong winds." Evaluate these potential "strong winds" of life below and honestly assess how well you control your tongue and life in these areas. Which "winds" are not blowing you at all? Which "winds" are the strongest and taking control of your life? Prayerfully confess any sin and seek God's strength to help obey His Word in that area.

- Wind of anger, critical spirit:

Proverbs 15:1-4

A gentle answer turns away wrath, but a harsh word stirs up anger

Proverbs 12:18

There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.

Proverbs 14:29

He who is slow to anger has great understanding, but he who is quick-tempered exalts folly.

Ephesians 4:29 **Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear**

Pr. 26:20, 21

- Wind of impulsive word:

Proverbs 10:19

When there are many words, transgression is unavoidable, but he who restrains his lips is wise.

Proverbs 15:28

The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

Psalms 19:14

**Let the words of my mouth and the meditation of my heart
Be acceptable in Your sight,
O Lord, my rock and my Redeemer.**

Proverbs 17:27, 28

**He who restrains his words has knowledge, And he who has a cool spirit is a man of understanding.
Even a fool, when he keeps silent, is considered wise; When he closes his lips, he is considered prudent.**

Proverbs 21:23

He who guards his mouth and his tongue, Guards his soul from troubles

- Wind of lies, deceit:

Proverbs 26:18-28

Like a madman who throws Firebrands, arrows and death, 19 So is the man who deceives his neighbor, And says, "Was I not joking?" ... He who hates disguises it with his lips, But he lays up deceit in his heart. 25 When he speaks graciously, do not believe him, For there are seven abominations in his heart. 26 Though his hatred covers itself with guile, His wickedness will be revealed before the assembly. 27 He who digs a pit will fall into it, And he who rolls a stone, it will come back on him. 28 A lying tongue hates those it crushes, And a flattering mouth works ruin.

Proverbs 15:4

The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit

- Wind of gossip:

Proverbs 20:19

**He who goes about as a slanderer reveals secrets,
Therefore do not associate with a gossip.**

Proverbs 11:13

**He who goes about as a talebearer reveals secrets,
But he who is trustworthy conceals a matter.**

II Corinthians 12:20

For I am afraid that perhaps when I come I may find you to be not what I wish and may be found by you to be not what you wish; that perhaps there will be strife, jealousy, angry tempers, disputes, slanders, gossip, arrogance, disturbances.

James then informs us that we cannot tame our heart in James 3:7, 8. We need God's strength to make that happen. How? Read and reflect on how you need to respond to the following:

❖ Trust in Jesus Christ to change your heart from evil to righteous.

Matthew 12:34

You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks.

Romans 10:8-11

But what does it say? "The word is near you, in your mouth and in your heart"—that is, the word of faith which we are preaching, that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. For the Scripture says, "Whoever believes in Him will not be disappointed."

❖ Protect your heart by evaluating what is feeding or controlling your heart:

Proverbs 4:23, 24

Watch over your heart with all diligence, For from it flow the springs of life.

❖ Nourish your heart from God's Word: Who or what is influencing or feeding your heart from Psalm 1?

Psalm 1:1-3

How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the Lord, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.



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