

## ***Wisdom for a New Year***

*Taming My Tongue ~ Open Up & Say Ahh... ~ James 3:1-12*

February 16 & 17, 2008

*We will speak the truth in love... Ephesians chapter 4 verse 15 (897)*

### Identifying the Problem

***We can make a large horse go wherever we want by means of a small bit in its mouth. And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire. James chapter 3 verses 3 - 5 (931)***

- gossip / slander
- broken confidences
- grumbling (*see 1 Corinthians 10:10*)
- name calling
- rage / angry words
- verbal guilt trips
- sarcasm
- cutting &/or demeaning jokes
- verbal put-downs
- lying
- withholding praise / encouragement
- We don't always realize the power of the words we say, but we all know the affects of those words in our lives

### Understanding the Problem

***The tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself. People can tame all kinds of animals, birds, reptiles, and fish, but no one can tame the tongue. It is restless and evil, full of deadly poison. James chapter 3 verses 6 - 8 (931)***

- ***Jesus said, "...whatever is in your heart determines what you say."***  
*Matthew chapter 12 verse 34 (743)*
- The reason we can't fix our speech on our own is because we can't fix our hearts
- When we try to fix our speech on our own, we

(over)

### Fixing the Problem

***Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! James chapter 3 verses 9 & 10 (931)***

***I will praise You, Lord, with all my heart. I will tell of all the marvelous things You have done. Psalm 9 verse 1 (417)***

- Praise God through worship
- Praise God by giving thanks for the little things...every day (*see the story of the 10 men healed in Luke 17*)

**Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.**

*Ephesians chapter 4 verse 29 (897)*

- Share words of affection - I love you, you're special, you're beautiful
- Share words that build up / praise - great job, I'm proud of you
- Share words that encourage - God's really gifted you in this, you're very good at this

***May the words of my mouth...be pleasing to you, O Lord. Psalm 19 verse 14 (422)***

### More

- What are the ways that I hurt people most with my words? Ask God for forgiveness in these areas & start praying that God will change my heart in this area.
- Read through the book of Proverbs in the Old Testament, and highlight every verse that talks about speech. What does God want me to learn from each verse?
- Who do I need to apologize to for hurting with my words?
- What do my hurtful words reveal about my heart? How often am I praying and asking God to change my heart in these areas?
- How can I build more worship into my lifestyle?
- Each day, set a goal to thank God for at least 10 things.
- Who does God want me to share words of affection with?
- Words that build up & praise?
- Words that encourage?

***Next week: The Law of Love (James 4:11-17)***