

F. REFLECTION: ADDITIONAL STUDY

Reflect on the following scriptures about controlling your words.

"The tongue can bring death or life; those who love to talk will reap the consequences."
Proverbs 18:21 (NLT)

"If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies" 1 Peter 3:10 (NLT)

"A gentle answer will calm a person's anger, but an unkind answer will cause more anger" Proverbs 15:1 (NCV)

"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)

"Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless." James 1:26 (NIV)

"Careless words stab like a sword, but wise words bring healing" Proverbs 12:18 (NCV)

"If you talk a lot, you are sure to sin; if you are wise, you will keep quiet." Proverbs 10:19 (NCV)

"Good people think before they answer, but the wicked simply pour out evil." Proverbs 15:28 (NCV)

"Do everything without complaining and arguing" Philippians 2:14 (NLT)

"There must be no evil talk among you, and you must not speak foolishly or tell evil jokes. These things are not right for you. Instead, you should be giving thanks to God."
Ephesians 5:4 (NCV)

"Kind words are like honey-sweet to the soul and healthy for the body." Proverbs 16:24 (NLT)

"Now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips." Colossians 3:8 (NIV)



HOW TO CONTROL YOUR MOUTH

JAMES: PRACTICAL GRACE-FILLED LIVING Series – Part 5 of 10

James 3:1-12 | Week of June 12, 2022 | Pastor Mike Prah

SERMON OVERVIEW:

In this study, we will discuss what James 3:1-12 has to say about the destructive power of the spoken word and how to control the tongue.

A. OPEN YOUR SESSION WITH PRAYER

B. ICE BREAKER: Take some time to share what is going on in your life, testimonies, and upcoming events. Recognize birthdays, anniversaries, or special occasions of your group members. Pick 1 item from the Icebreaker list to discuss to know each other better.

C. BIBLE DISCUSSION: PICK A FEW POINTS FROM EACH SECTION TO DISCUSS SECTION 1: REVIEWING SERMON MESSAGE

- (a). What fresh insight did you learn from the sermon? OR
- (b). What Bible verse cited in the message stands out to you the most? Why?

SECTION 2: PERSONALIZING SERMON MESSAGE

- (a). What did you hear that encouraged or reassured you?
- (b). How did the message increase your love for God or Jesus Christ?

SECTION 3: ENCOURAGING APPLICATION OF THE SERMON

- (a). If we diligently apply the message, what effect would it have on your personal lives and walk with Christ?

D: DIGGING DEEPER (TAKE TURNS READING THE SCRIPTURES AND THEN DISCUSS THE QUESTIONS)

I. WHY MUST I LEARN TO MANAGE MY MOUTH?

1. MY MOUTH DIRECTS WHERE I GO, THEREFORE, I MUST LEARN TO CONTROL IT

"If we could control our tongues, we would be perfect and could also control ourselves in every other way." James 3:2 (NLT)

- From James 3:2, why do you think controlling your tongue could keep you from many faults and help you manage yourself in every way?

"Whoever controls his mouth protects his own life. Whoever has a big mouth comes to ruin." Proverbs 13:3 (NCV)

- What does this teaching mean to you?

- Briefly share a situation in your life or in the life of someone you know where controlling your mouth was beneficial and not controlling your mouth brought trouble.

2. MY MOUTH CAN DESTROY WHAT I HAVE, THEREFORE, I MUST LEARN TO CONTROL IT

"The tongue is a small thing, but what ENORMOUS DAMAGE it can do. A great forest can be set on fire by one tiny spark. And the tongue is a flame of fire." James 3:5-6a (LB)

- What does this illustration about the tongue from James 3:5-6 above say to you about our words?

"If you want to stay out of trouble, be careful what you say." Proverbs 21:23 (GN)

"You will have to live with the consequences of everything you say." Proverbs 18:20 (GN)

- What message are Proverbs 21:23 and Proverbs 18:20 conveying?

"People can tame all kinds of animals ... but no one can tame the tongue. It is restless and evil, full of deadly poison." James 3:7-8 (NLT)

- James 3:7-8 describes the untamed tongues as "restless and evil, full of deadly poison." Share briefly a time when you have seen the effects of that "deadly position" work against you in your life or in the life of someone you know?

3. MY MOUTH DISPLAYS WHO I REALLY AM, THEREFORE, I MUST LEARN TO CONTROL IT

"Blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!" James 3:10 (NLT)

- Consider a time when you were blessed by the words of someone who mattered to you. Compare this with a time when another person's thoughtless words hurt you. How does this teaching encourage you to encourage others with your words?

II. WHAT'S THE SOLUTION?

1. GET A NEW HEART FROM GOD

"Create in me a new, clean heart, O God, filled with clean thoughts and right desires." Psalm 51:10 (LB)

2. THINK BEFORE I SPEAK

"Everyone should be quick to listen, slow to speak, and slow to become angry." James 1:19 (NIV)

3. ASK GOD FOR HELP EVERYDAY

"Lord, help me control my tongue; help me be careful about what I say." Psalm 141:3 (NCV)

- Pastor Mike shared three ideas for controlling our tongue—**Getting a New Heart, Thinking before we speak, and Asking God for help every day**. Share briefly how you would practice these truths.

Pastor Mike shared some best practices of How to Be More careful About what we say. They are:

Make it a habit to wait before you say something | Keep your message simple | Listen more | Ask open-ended questions to clear up misunderstandings | Don't see disagreements as win-or-lose | Think before you criticize someone | Speak in a way that's consistent with your goals | Only say important things | Don't rush to fill the silence | Avoid gossip and negative remarks | Beware of microaggressions*

*A microaggression is a subtle behavior—verbal or non-verbal, conscious or unconscious—that has a derogatory, harmful effect.

- Select a few of the above best practices and briefly share how practicing them can benefit you.

E. PRAYER POINTS

1. Pray for each LifeGroup member to respond positively to this message and follow through on the application. Pray for a divine, positive impact as God's people apply this Word to everyday living.
2. Ask for individual prayer requests and pray for your group's individual needs.
3. Closing Prayer

PLEASE REACH OUT TO ANYONE WHO DID NOT MAKE IT TO YOUR LIFEGROUP MEETING & CHECK ON ANYONE SICK OR IN NEED IN YOUR GROUP.