

**[SERMON NOTES]**

**Taming The Tongue - (James 3:1- 4:10)**

Our \_\_\_\_\_ say a lot about us. (James 3:1-2, Prov. 10:8, Luke 6:45)

Words \_\_\_\_\_ a ton. (James 3:7-8, Psalm 140:3)

Words can \_\_\_\_\_ & \_\_\_\_\_. (James 3:9-12)

Your words matter as much as your \_\_\_\_\_. (James 3:13-18, 4:7-10)

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**[QUICK REVIEW]**

Looking at your notes from this week's teaching, was there anything you heard for the first time or something that caught your attention, challenged, or confused you?

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**[MY STORY]**

This weekend's message was all about pursuing wise words. Words have the ability to build up - or tear down - our lives and the lives of others. Yet, we can all agree it's easier *said* than done in our ability to tame our tongue.

*What's the wisest thing someone has ever told you? How or why has it impacted you?*

The Book of Proverbs offers a lot of wisdom about taming the tongue. Read the following passages from Proverbs, pick the one that sticks out the most to you, write it out, and answer why it jumped out to you.

**Proverbs 9:8-9, 10:8, 10:14, 11:9, 12:18, 13:13, 16:21, 21:23**

*Write it out:*

*Why did that Proverb jump out at you?*

**[DIGGING DEEPER]**

This weekend, Eric talked about how the tongue reveals the tug-o-war between our flesh and our spirit in how we use our tongue to both sing God's praises and to curse others. In the space below, *list out 5 ways we can tear down others and 5 ways we can build others up with our words.*

Ways We Tear Others Down

Ways We Build Others Up

Throughout chapter 3 in James, he talks about how the tongue is small but mighty, saying it's like a spark that starts a wildfire. This illustration of a *wildfire* appears elsewhere in Scripture. Read the following passages: **Psalm 10:7, 39:1-3, Proverbs 16:22**. *Why do you think the Word of God uses this illustration frequently? How does it relate to our lives?*

Beyond just a spark that leads to a wildfire, James says the tongue is also like a bit in a horse's mouth or a rudder that steers a large ship. *Take some time to think of another illustration of something that is small with lots of power - and write out how it applies to our tongues.*

It's sobering to be reminded that both praises and cursing come from the same source! In many ways, both praises and curses are responses to experience either the glory of God or the sinfulness of our flesh. *How do you think these passages pull at the importance of our natural responses to others? 1 Peter 3:9, Matthew 5:38-40, 18:21-22*

James ends the section on the power of our words with the call to submit to God and push away the attacks of the Enemy (cf. James 4:7-10). In some ways, the key to finding wisdom is to find closeness with God (**Deuteronomy 1:13-15**). *What do you think it means to "submit to God"? And how does drawing near to God help in taming our tongues?*

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**[TAKING IT HOME]**

Would you rather build others up or tear others down with your words? *We're guessing the first one! spend time writing an encouraging note or letter to someone and deliver it this week.*