



James

Part 6 – Taming the Tongue Discussion Guide

Have you ever had a moment where you wondered, “Why did I say that?” The average person says about 16,000 words per day and 95 percent of what they say is uplifting and loving. However, five percent of the time, we say things that may not line up to who we truly are. Oftentimes, these harsh words have the greatest impact on those around us. Let’s work together to define how we can tame the tongue.

Jump Start

1. What is your favorite song and why?
2. **Read [James 3:5 and Proverbs 18:21](#)**. There is an adage that says, “Sticks and Stone may break my bones, but words will never hurt me.” Was there ever a time you wished you could take your words back?
3. **Read [James 3:6, Proverbs 17:9, Ephesians 6:4, and Proverbs 11:9](#)**. How difficult or easy is it for you to control your words? In what situations do you find your speech most out of character? As we look at the Scripture, how do we see words change the dynamic of a relationship?
4. **Read [James 3: 3-4, James 1:5-8, and James 3:17-18](#)**. How is the tongue like a horse’s bit or a ship’s rudder? What does James offer as a solution to taming the tongue?
5. **Read [James 3:9-12 and Romans 12:14-21](#)**. The duality of the tongue is mentioned in this verse as being used to bless and curse. What does it mean to curse someone? How can you bless others with your mouth?
6. **Commit:** For the next 31 days, commit to no negative, tear down talk. Who will you have come alongside of you to keep you accountable to the challenge?

Prayer: May I remember how important it is to keep check of my tongue. Help me to use Your Word to guide my conversations today. Give me wisdom and discernment. Let my words be refreshing, gracious, and always reflect You. In Jesus name, Amen

This week take time to do the “Deeper” section before you meet with your Group.

Deeper

Leader: This section is designed for further use in your Life Group or for personal study. These can also be used as discussion points and ways to stay connected with your group throughout the week.

We will learn how to complete a **S O A P Bible Study** by looking at one passage of Scripture and breaking it down. **S O A P** stands for **S**cripture **O**bservation **A**pplication **P**rayer. Let's get ready to sit down with the Bible and see to what God wants to show us. Completing this study during your quiet time, then sharing with your Life Group, can allow for deeper understanding and revelation of new perspectives. **Things you will need:** Bible, Notebook, Pen.

7. **Scripture.** Read [Matthew 15:1-20](#). What stood out to you the most about these verses?

Take time to read the passage and allow God to speak to you. Jot down anything that made you stop and pause or anything that you questioned. When you are done, look for a verse that particularly spoke to you and write it out fully in your journal.

8. **Observe.** What is God saying to you in this text? What did the whole story teach you? What did that specific verse that you were drawn to teach you?

What do you think God is saying to you, personally and specifically, in this Scripture? (You can even have a short prayer at this point, asking the Holy Spirit to teach you and reveal Jesus to you. Remember that He promised to give us wisdom and reveal truth to us when we ask.)

9. **Application.** How will you apply this to taming your tongue?

Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections in a particular area of your life. Write down how this Scripture applies to you today.

10. **Pray.** Pray about what you have read in [Matthew 15:1-20](#). Pray your special verse back to God, asking Him to help you understand and apply it.

This prayer can be as simple as asking God to help you use this Scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so take time here! Be sure to listen to what God has to say! Now, write it out. Journaling your quiet time helps you to see what God is teaching you over time.