

Controlling the Tongue

Discipleship is a Relationship

1. With God
2. With Family
3. With the Church
4. With the Lost

Suggested Memory Verse

Ephesians 4:29
James 1:26

Purpose: To teach a person to control his/her tongue according to Biblical principals

1. Read James 1:26, what is a test for your spirituality?

2. What does James 3:2 say about the control of the tongue?

3. Read each Scripture and match the word on the left with its proper definition on the right.

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| _____ A. Cursing | 1. Sharing anything about someone, when the act of sharing is not part of the solution of that person's problem (I Timothy 5:13) |
| _____ B. Slander | 2. Utterances which damage another person (Psalm 101:5) |
| _____ C. Gossip | 3. Speaking falsehood (Colossians 3:9) |
| _____ D. Grumble | 4. Abusive speech; to swear or speak profanely (Colossians 3:8) |
| _____ E. Lying | 5. To dispute or contend with someone (Philippians 2:14) |
| _____ F. Coarse jesting | 6. Boasting; arrogant speaking (James 4:16) |
| _____ G. Angry words | 7. Dirty jokes; laughing at evil (Ephesians 5:4) |
| _____ H. Bragging | 8. To mutter in discontent; murmur (John 6:43) |
| _____ I. Arguing | 9. Words spoken out of control (Ephesians 4:31) |

4. Be honest. Which of the above are hardest for you to control?

5. There are other problems with the tongue not listed in question three. Can you think of any you struggle with?

6. Read James 3:8-12. What is the peculiarity about the tongue?

(Controlling the Tongue Continued)

7. What changes would take place in your life if you began to apply Ephesians 4:29?
- A. In your relationship to God?
 - B. In your relationship to your family?
 - C. In your relationship to the Church?
 - D. In your relationship to the lost?
8. According to Luke 6:45, what is the source of your speech?
9. Read the following Scriptures and write down the kind of speech that should be on our tongues.
- A. 1 Thessalonians 5:11
 - B. 1 Thessalonians 5:18
 - C. Ephesians 5:19-20
 - D. Luke 6:28
 - E. Ephesians 4:25
 - F. Psalm 34:1
 - G. 1 Peter 3:15
10. There are times when rebuking and admonishing are necessary. There are times when the truth must be stood for no matter what. But always, love must prevail. See Ephesians 4:15
11. Consider the following principles for “taming your tongue”. Look at each scripture.
- A. Dedicate your heart and tongue to the Lord daily. (Psalm 19:14)
 - B. Put your heart in tune with God’s Spirit by reading His Word daily. (Psalm 119:11)
 - C. Assume responsibility for every word that you speak. (Matthew 12:36)
 - D. Seek forgiveness for any unloving words or attitudes. (Matthew 5:23-24; James 5:16)
 - E. Learn how to give words that encourage, comfort, inspire and edify. (Colossians 4:6)
 - F. If it isn’t “wholesome,” don’t say it. (Ephesians 4:29)

(Controlling the Tongue Continued)

12. Self-evaluation: on a scale from 1-10 with 10 being the best.

- A. Do you say "Thank you" very often?
- B. Are you easily provoked to arguing or "speaking your own mind"?
- C. Have you wounded anybody recently through careless words?
- D. Do you criticize people who don't measure up to your expectations?
- E. How often do you compliment your loved ones?
- F. Do you grumble about the weather or possible trials you face?
- G. Do you laugh when a dirty joke is being told?
- H. Can you say the words, "I'm sorry"?
- I. Do you pass on a story about someone that you've heard, or do you keep it quiet?
- J. Do you always tell the truth, no matter what?

13. Challenge:

Will you make a commitment to God that for one week you will not say one unwholesome, negative word? If yes, pray that prayer right now. Hold one another accountable to this commitment.