

CONTROLLING MY TONGUE WHEN I AM STRESSED

August 2, 2020

1. Why do I need God's help controlling my tongue?

- My tongue _____.

"We can control very large horses by putting a small bit into their mouths. By controlling their mouth, we can turn the whole animal whatever direction we want it to go." James 3:3

"Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go." James 3:4

- My tongue _____.

"Your tongue is a small thing, but what enormous damage it can do. Just like a tiny spark can set a great forest on fire, your tongue also is a dangerous fire." James 3:5

"Among all the parts in your body your tongue is the one that causes the most wickedness and spreads evil everywhere. It can corrupt and ruin your whole life. It can turn the entire course of your life into a blazing fire of destruction, because it is set on fire by hell itself." James 3:6

"People can tame all kinds of animals, birds, reptiles and fish, but nobody can tame the tongue. It is an uncontrollable evil, full of deadly poison." James 3:7-8

- My tongue _____.

"We use our tongue to praise our Lord and Father, but then we use the same tongue to attack and curse other people who have been made in the same image of God! Blessing some people and then cursing other people comes out of the same mouth. Listen, my brothers and sisters, this should never happen!" James 3:9-10

"Can fresh water and bitter water come out of the same spring? Can a fig tree bear olives or a grapevine produce figs? And you cannot get fresh water of a polluted well!" James 3:11-12

"How humbly you live, not how you talk, shows your wisdom. If you harbor bitterness or jealousy or self-centered bias in your heart, you should not boast that you are wise. You deny the truth to make yourself look better. That is not wisdom; it's earthly, it's unspiritual and it's inspired by the devil." James 3:13-15

2. What is the solution to controlling my tongue?

- Every day ask _____.
“Rid yourself of all the offenses you have committed and get a new heart and a new spirit.” Ezekiel 18:31
“For whatever is in your heart determines what you say.” Mt 12:34
- Every day ask _____.
“Set a guard over my mouth, Lord; keep watch over the door of my lips.”
Psalm 141:3
“Be quick to listen, slow to speak and slow to become angry.” Ja 1:19