

How to Tame the Tongue

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Maranatha Community Church

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**It is better to remain silent and be thought a fool,
than to open your mouth and remove all doubt.**

Abe Lincoln

The tongue of the wise commends knowledge, but the mouth of the fool gushes folly.

Proverbs 15:2

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

James 1:19

If you claim to be religious but don't control your tongue, you are just fooling yourself, and your religion is worthless.

James 1:26

1. The Need to Control the Tongue

Not many of you should presume to be teachers, my brothers, because you know that we who teach will be judged more strictly. We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.

James 3:1-2

2. Power of the Tongue

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal.

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

3. Actions of the Tongue

Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

James 3:5-6

What comes out of a man is what makes him unclean. For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man unclean.

Mark 7:20-23

Reckless words pierce like a sword, but the tongue of the wise brings healing. Prov 12:18

4. Rebellion of the Tongue

All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, but no man can tame the tongue. It is a restless evil, full of deadly poison.

James 3:7-8

5. Double-Mindedness of the Tongue

With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be.
James 3:9-10

Can both fresh water and salt water flow from the same spring? My brothers, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.
James 3:11-12

But I tell you that every careless word that people speak, they shall give an accounting for it in the Day of Judgment.
Matthew 12:36

ACTION STEPS

a) - First, we can use the acronym THINK ...

Is it **T** rue? Do you have permission to share it?
Is it **H** elpful? Will your words help bring about a solution to a problem?
Is it **I** nspiring? Will your words build up someone?
Is it **N** ecessary? Do we have to say anything at all?
Is it **K** ind? Are your motives pure?

I have never been hurt by anything I did not say.
Calvin Coolidge

When words are many, sin is not absent, but he who holds his tongue is wise.
Proverbs 10:19

I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth.
Psalm 39:1

b) - Do not gossip.

c) - Watch the words you use

d) - Build up others.

An anxious heart weighs a man down, but a kind word cheers him up
Proverbs 12:25

e) - Have Heart Surgery.

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.
Luke 6:45

If you confess with your mouth Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.
Romans 10:9-10

May the words of mouth and the meditation of my heart be pleasing in your sight. O Lord, my Rock and my redeemer.
Psalm 19:14