

SELF CONTROL-TAMING YOUR TONGUE

Proverbs 18:20-21(NKJV) ²¹ Death and life *are* in the power of the tongue, And those who love it will eat its fruit.

- 1.) *What does this verse say are in the power of the tongue?*
- 2.) *What scripture verses can we think of that backs this principle?*
- 3.) *What kind of fruit are we producing with our tongues?*
- 4.) *Where do the things that the tongue speaks come from; the source?*
- 5.) *What scriptures come to mind regarding the source from which the tongue speaks?*
- 6.) *What kind of fruit do you think the one that loves their tongue is producing/eating?*

**Reference:Hebrews 13:15*

**Some more examples of the power of the tongue:*

Psalm 71:24(NKJV) ^{24a} My tongue also shall talk of Your righteousness all the day long; ^bFor they are confounded, For they are brought to shame, Who seek my hurt.

- 1.) *In vs.24b; What is the effect of the power of the tongue that speaks God's righteousness on those that seek our hurt?*

Proverbs 25:15(NKJV) ¹⁵ By long forbearance a ruler is persuaded, And a gentle tongue breaks a bone.

- 1.) *What is the power of the gentle tongue able to do in this verse?*
- 2.) *How does it say this power is brought about?*

Proverbs 12:18(NKJV) ^{18a} There is one who speaks like the piercings of a sword, ^bBut the tongue of the wise promotes health.

1.) *In vs.18b; What is the power of the tongue of the wise?*

James 3:1-2 (NKJV) ^{1a} My brethren, let not many of you become teachers, ^bknowing that we shall receive a stricter judgment. ^{2a}For we all stumble in many things. ^bIf anyone does not stumble in word, he is a perfect man, ^cable also to bridle the whole body.

1.) *In vs.1a; What is the instruction given to the brethren?*

2.) *In vs.1b; What is the reason given for not many becoming teachers?*

3.) *In vs.2a; What is the further warning why many should not be teachers?*

4.) *In vs.2b; What is said of the one who does not stumble in word?*

5.) *In vs.2c; What else does it say the one who does not stumble in word is also able to do?*

James 3:3-5 (NKJV) ^{3a} Indeed, we put bits in horses' mouths ^bthat they may obey us, and we turn their whole body. ^{4a}Look also at ships: although they are so large and are driven by fierce winds, ^bthey are turned by a very small rudder wherever the pilot desires. ⁵Even so the tongue is a little member and boasts great things.

1.) *In vs.3a; In reflection of James vs.2 speaking of "bridle the whole body", what is the example given for our instruction regarding our own tongue/mouth?*

2.) *In vs.3b; What is the purpose and effect of the bit on the horse? *Ref; Psalm 32:9*

3.) *What can we consider the "bit" for our tongue/mouth?*

4.) *In vs.4a; What does the ship represent?*

5.) *In vs.4b; What does the rudder represent?*

James 3:6 (NKJV) ^{6a} And the tongue is a fire, a world of iniquity. ^b The tongue is so set among our members that it defiles the whole body, ^c and sets on fire the course of nature; ^d and it is set on fire by hell.

1.) *In vs.6a; What is the tongue said to be?*

2.) *What scriptures can we think of that describes the power and devastation of fire?*

3.) *In vs.6b; What does it say about the effect of the placement of the tongue among the members of the body?*

4.) *What other scriptures can we think of that speaks to the placement of members of the body and it`s effect on the whole body?*

5.) *In vs 6c; What does it say the tongue sets on fire?*

6.) *What is the course of nature?*

7.) *In vs 6d; Where does it say the source of this fire comes from and is set or ignited by?*

8.) *Can we say the fire of addiction is set or ignited by that same source?*

9.) *What things are presently being or were in the past devastated by the fire of addiction in your life?*

James 3:7-8 (NKJV) ⁷ For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. ^{8a} But no man can tame the tongue. ^b *It is an unruly evil, full of deadly poison.*

1.) *Can you think where in scripture God has commanded man to have dominion over every kind of beast and bird, reptile and of the sea?*

2.) *What does it imply about us in comparison to the beasts in regarding our inability to control our tongue?*

3.) *In vs.8b; what does it say the tongue is?*

4.) *Thinking about what it takes to train an animal/beast, what scriptures of training for the tongue can we bring to mind?*

5.) *Can we compare addiction to the tongue?*

James 3:9-10 (NKJV) ^{9a} With the tongue we bless our God and Father, and with it we curse men, ^b who have been made in the similitude of God. ^{10a} Out of the same mouth proceed blessing and cursing. ^b My brethren, these things ought not to be so

1.) *In vs.9a When we bless God and curse men, where does this come from or what is the source of this double tongue?*

2.) *In vs. 9b; When we curse men who have been made in the similitude of God, Who else are we cursing?*

3.) *In vs10b; What is the warning from God to the believer about a double tongue?*

4.) *Can we think of other scriptures that instruct in things that ought not to be so among the believer?*

5.) *Do you think participating in addiction speaks of blessing God or cursing God?*

**Instruction to the believer regarding the tongue:*

Psalm 37:30-31(NKJV) ³⁰ The mouth of the righteous speaks wisdom, And his tongue talks of justice.

- 1.) *What is the instruction given for the mouth and tongue in this verse?*
- 2.) *Do you know and understand what wisdom and justice is being spoken of in this verse?*
- 3.) *Can we speak wisdom and talk of justice if we are participating in addiction?*

Proverbs 10:20(NKJV) ²⁰ The tongue of the righteous is choice silver; The heart of the wicked is worth little.

- 1.) *What scripture verse comes to mind to speak to the tongue as choice silver?*

Proverb 15:2(KJV) The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness.

- 1.) *What knowledge should the wise be using aright/correctly?*

** References; Proverbs 2:6, Ephesians 4:13, Proverbs 1:7, Proverbs 9:10, Psalm 111:10, Jeremiah 9:23-24, Proverb 16:23*

- 2.) *How can we correctly use this knowledge? Ephesians 1:17, Proverbs 15:14*

- 3.) *When we are in addiction to anything are we using this knowledge correctly?*

**Instruction to the believer regarding the tongue (continued..)*

Isaiah 50:4(NKJV) ^{4a} **“The Lord GOD has given Me The tongue of the learned, That I should know how to speak A word in season to *him who is weary.*”** ^c **God awakens Me morning by morning, He awakens My ear To hear as the learned.** ^b

1.) In vs.4a; What does this verse provoke us to strive after regarding the tongue of Isaiah?

2.) In vs.4b; For What purpose did God give Isaiah the tongue of the learned?

*3.) In vs.4c; How does Isaiah say God gives him the tongue of the learned?
Reference; Proverb 16:23*

Psalm 45:1(NKJV) **My heart is overflowing with a good theme; I recite my composition concerning The King; My tongue is the pen of a ready writer.**

1.) What does the psalmist compare his tongue with?

2.) What is the subject of his composition?

2 Samuel 23:2(NKJV) ² **“The Spirit of the LORD spoke by me, And His Word was on my tongue.”**

1.) Whom does David say spoke by /through him?

2.) Whose Word was on King Davids tongue?

3.) What Word does The Holy Spirit of God speak? Reference; John 16:13

4.) How can we keep God`s Word on our tongue?

**Warnings for the tongue:*

Psalm 34:12-13(NKJV) ¹² Who is the man *who* desires life, And loves *many* days, that he may see good? ¹³ Keep your tongue from evil, And your lips from speaking deceit.

1.) *In vs.13; What is the warning and instruction for the tongue in this verse?*

2.) *In vs12;What are the benefits to the man/woman who takes heed and follows this warning and instruction? Reference: 1Peter 3:10*

3.) *What are some ways we can keep our tongue from evil?*

Proverbs 6:16-17(NKJV) ¹⁶ These six *things* the LORD hates, Yes, seven *are* an abomination to Him:¹⁷ A proud look, A lying tongue, Hands that shed innocent blood, Reference: Proverbs 12:22

1.) *What does The Lord consider a lying tongue in this verse?*

James 1:26(NKJV) ²⁶ If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless.

1.) *What is said of one who thinks of himself as religious but does not bridle his tongue?*

2.) *What does the bible say true religion is?*

**Practical application of Ways to bridle/tame our tongue....*

-Keeping Judgement day in mind:

Matthew 12:36-37(NKJV) ³⁶ But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. ³⁷ For by your words you will be justified, and by your words you will be condemned.”

**Practical application of Ways to bridle/tame our tongue (continued)*

-Prayer:

Psalm 120:2(NKJV) ² Deliver my soul, O LORD, from lying lips *And* from a deceitful tongue.

-put a guard on our mouths and tongues;

Psalm 39:1(NKJV) I said, “I will guard my ways, Lest I sin with my tongue; I will restrain my mouth with a muzzle, While the wicked are before me.”

-The benefits of guarding our mouth and tongue:

Proverbs 21:23(NKJV) ²³ Whoever guards his mouth and tongue, Keeps his soul from troubles.

Proverbs 13:3(NKJV) ³ He who guards his mouth preserves his life, But he who opens wide his lips shall have destruction.

**THE BEST WAY TO BRIDLE OUR TONGUE:*

James 1:19 (NKJV) So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.”

Proverbs 18:13(NKJV) ¹³ He who answers a matter before he hears it, It is folly and shame to him.

Ecclesiastes 5:2(NKJV) ² Do not be rash with your mouth, And let not your heart utter anything hastily before God. For God is in heaven, and you on earth; Therefore let your words be few.