

**Summer at Epic - Part 4 - My Words**  
**Mark Rouse / July 26, 2020**

<sup>20</sup> Wise words satisfy like a good meal; the right words bring satisfaction. <sup>21</sup> The tongue can bring death or life... – Proverbs 18:20-21

Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way. – James 3:2

### **The Power of the Tongue**

- **The tongue is a BRIDLE.**

We can make a large horse go wherever we want by means of a small bit in its mouth.  
– James 3:3

- **The tongue is a RUDDER.**

And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. – James 3:4

- **The tongue is a SPARK.**

In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire. – James 3:5

### **How to Tame the Tongue**

<sup>7</sup> People can tame all kinds of animals, birds, reptiles, and fish, <sup>8</sup> but no one can tame the tongue. It is restless and evil, full of deadly poison. – James 3:7-8

#### **1. PAUSE.**

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. – James 1:19

#### **2. PONDER.**

**T – is it TRUE?**

**H – is it HELPFUL?**

**I – is it INSPIRING?**

**N – is it NECESSARY?**

**K – is it KIND?**

### 3. PRAY.

And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! – James 3:10

You brood of snakes! How could evil men like you speak what is good and right? For whatever is in your heart determines what you say. – Matthew 12:34

May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer. – Psalm 19:14