
SERMON NOTES AND SCRIPTURE

Proverbs 18:21 (NIV)

The tongue has the power of life and death,
and those who love it will eat its fruit.

James 3:2b-12 (NIV)

2b Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 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. 5 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. 6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

7 All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison.

9 With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. 11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

GROUP DISCUSSION

As you think back over your lifetime, what words or phrases have others spoken to you that you can remember?

Did any of these words have the power to shape the trajectory of your life? In what ways?

Are there some words you can look back and remember that cut to the heart? How about any that gave life to you?

What words are you speaking over others in your life right now? (Spouse, friend, pastor, life group leader and participants, children, boss, coworkers, social media)

How can you become more aware and intentional about the words you use to communicate to others?

Is there an area or areas you need to repent of today in how you use your tongue? (Gossip, slander, malice, lies)

How can our life group pray for you in this area this week?