

RUN THE PLAY

THE BOOK OF JAMES

The Importance of the Mouthguard

James 3 | October 12, 2025

Set a guard over my mouth, Lord; keep watch over the door of my lips.

— Psalm 141:3

Our words are a window into our hearts. (Luke 6:45)

**When it comes to words, as Christians,
we are called to set the example.**

(1 Timothy 4:12)

Here are a few reminders about our words:

- » Our words have eternal implications. (Proverbs 18:21; Romans 10:9-10)
- » Our words need ongoing formation. (James 3:2)
- » Our words have power. (Proverbs 15:4)
 - Are my words calling and pulling the best out of people, or are they limiting and suppressing people?

Some of the most encouraging words we can share:

"I believe in you" or "I see in you" (ICNU)

Who is someone you need to share these words with?

Other Scripture Referenced: Matthew 12:36-37, Colossians 3:8, Matthew 26:74

NOTES:

ANNOUNCEMENTS:

Fall Fest today from 4:00 to 6:00 PM

Senior Adults: Tour the Ohio Statehouse on Oct. 16

Connect Class on Oct. 26 at 9:00 AM

Download our WChurch app or scan the QR code for more info or to sign up!



STUDY QUESTIONS

GETTING STARTED:

Share a time when someone's words deeply impacted you, either positively or negatively. How did those words affect you?

A DEEPER DIVE:

Read James 3:1-12.

- James mentions that not many should be teachers. What did he mean by that, and do you think the use of social media expands that definition today?
 - James followed this thought up by stating that we all stumble in many ways, including how we use our words. What area of speech do you struggle with most, and how might you work on improving it?
- How do you respond to James' teaching about something small having a significant impact? Reflect on his examples.
 - Why do you think James compares the tongue to a small spark that can set a forest on fire?
- In the sermon, we mentioned that negativity and gossip need companions. How have you seen this play out in your own life or surroundings?
- James says that praising God and cursing humans shouldn't come from the same mouth. Why is this inconsistency problematic for Christians?
- How does the Holy Spirit help serve as a "mouthguard" in areas where we need help with our words? (Psalm 141:3, Galatians 5:22-23)
- Reflect on the "ICNU" (I see in you) concept mentioned in the sermon. How might intentionally expressing belief in others change your relationships?

THIS WEEK'S APPLICATION:

Mouthguard Challenge: This week, consciously pause before speaking in potentially tense situations. Imagine wearing a spiritual "mouthguard" to filter your words.

Encouragement Exercise: Identify one person in your life who needs to hear words of encouragement. Share an "ICNU" or a "I believe in you" statement with them this week.