

### 3 Growing in Christ

## Growing in How We Speak

### Reflection

Read and complete the following:



#### Proverbs 18:21

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.



What does Proverbs 18:21 mean to you?

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#### James 3:8–10 (KJV)

<sup>8</sup> But the tongue can no man tame; it is an unruly evil, full of deadly poison. <sup>9</sup> Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. <sup>10</sup> Out of the same mouth proceedeth blessing and cursing.

#### James 3:8–10 (ESV)

<sup>8</sup> But no human being can tame the tongue. It is a restless evil, full of deadly poison. <sup>9</sup> With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. <sup>10</sup> From the same mouth come blessing and cursing.



What does James 3:8–10 mean to you?

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Has someone ever said something that impacted you in a negative way? If so, what was it?

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**Psalm 19:14**

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

**Ephesians 4:29 (KJV)**

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

**Ephesians 4:29 (NLT)**

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.



How do these verses affect how we use our tongue?

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What is an example of an encouraging word you can give to someone this week?

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**Psalm 120:1**

In my distress I cried unto the LORD, and he heard me.



What does Psalm 120:1 mean to you?

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