



# When You Open Your Mouth

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**My favorite machine:** \_\_\_\_\_

**My top pressure point(s) right now:** \_\_\_\_\_

## The relationship between pressure and my words:

*Proverbs 18:21*

- Pressure → Words
  - Pressure points lead to words that \_\_\_\_\_ my heart *Matthew 12:33-37*
- Words → Pressure
  - My words can \_\_\_\_\_ or \_\_\_\_\_ life's pressure points *Proverbs 15:1*

## Sober perspective of my words:

On my own...

- Words are \_\_\_\_\_ *James 3:2*
- Words are \_\_\_\_\_ *James 3:3-6; Proverbs 18:21*
- Words are \_\_\_\_\_ *James 3:7-8*

## Practical guidelines for my words:

With Jesus...

- Words should be used for \_\_\_\_\_ *James 3:9-12; Ephesians 4:29*
- Words can be \_\_\_\_\_ and \_\_\_\_\_ *James 3:11-12; Romans 10:9; 2 Peter 1:3*
- Words should be filtered through \_\_\_\_\_ *James 3:13-18*
  - How to gain wisdom:
    - Daily read the Bible and pray
    - Spend time with godly people
    - Ask God for it



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<sup>2</sup>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. <sup>3</sup>We can make a large horse go wherever we want by means of a small bit in its mouth. <sup>4</sup>And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. <sup>5</sup>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. <sup>6</sup>And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself. <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.

<sup>9</sup>Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. <sup>10</sup>And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! <sup>11</sup>Does a spring of water bubble out with both fresh water and bitter water? <sup>12</sup>Does a fig tree produce olives, or a grapevine produce figs? No, and you can't draw fresh water from a salty spring. <sup>13</sup>If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom. <sup>14</sup>But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying. <sup>15</sup>For jealousy and selfishness are not God's kind of wisdom. Such things are earthly, unspiritual, and demonic. <sup>16</sup>For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.

<sup>17</sup>But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. <sup>18</sup>And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness. evil, full of deadly poison.

James 3:2-18 NLT

### **Memory Verse**

*A gentle answer turns away wrath, but a harsh word stirs up anger.*

Proverbs 15:1

### **My next step today is to...**

- Memorize Proverbs 15:1
- Accept Jesus as my Lord over my life and words for the first time!
- Listen to "Words" by Hawk Nelson on my drive home sometime this week
- Ask forgiveness and clear up with someone I hurt with my words
- Read James 3:17-18 and meditate on the filter of God's wisdom
- Write an encouraging note to build someone up with my words this week
- Pray for God to give me wisdom (James 1:5)
- \_\_\_\_\_