



Amazing Facts

Focus Every time we speak, we're either producing life (God) or death (Satan).

Open What is your favorite type of fruit? What fruit(s) do you dislike?

Read In James 3:1–12, we learn four amazing facts about the tongue:

The tongue is **disproportionately** powerful. Like a bit in a horse's mouth, the tongue is a small part of the body, yet it controls the strength and direction of our whole life! Like a small rudder on a large ship, our tongue determines whether we remain standing during life's storms as well as how we navigate the good times. And like a small spark that can start a large forest fire, our careless words can destroy ourselves and others (James 3:3–5).

The tongue is **inherently** evil. We are born with a sinful tongue. This is proven by the fact that we don't have to teach our children to be rude and hurtful; we have to teach them to be kind and loving. Our natural tendency is to speak evil unless we change the default setting of our tongue (James 3:6, 8).

The tongue is **humanly** untamable. No one is able to tame their tongue (James 3:7–8). Only God, the one who made our tongue, can tame it (Exodus 4:10–12). When our tongue is out of control, we agree with Satan and can destroy ourselves and others. When we submit our tongue to the Holy Spirit, He teaches us what to say. This is how we learn to speak life.

The tongue is **contrastingly** productive. The tongue can produce good and bad; life and death. It doesn't please God when we praise Him and then curse people with our mouth. The good news is our tongue can produce good fruit when we bless our marriage, finances, job, our children, our friends, etc.

Talk

1. Read Proverbs 18:21. Have someone take notes as the group lists out loud various forms of “fruit” that come from speaking life over someone or something. Now make a separate list for the “fruits” of speaking death.
2. Can you think of a time in your life when someone spoke powerful words of life to you? If you feel comfortable, share it with the group.
3. What are some practical ways we can bless people with our words? Think of specific words that can be used, as well as prayers and scriptures.
4. Is there a person in your life who is in a really difficult situation? How can you use your mouth to speak life to them?
5. What’s the Holy Spirit saying to you about your tongue? Spend some time privately in prayer, confessing any sins you have committed by what you have spoken with your mouth. Repent and ask God for grace to tame your tongue.

Live

Submit your tongue to the Holy Spirit each morning as you wake up. Jot down in your journal any changes you notice in your life as a result.

Pray

Lord, I thank You that You created my tongue. I praise You for sending Your Holy Spirit to teach me about You and how to live. I submit myself to You, Holy Spirit, and ask You to help me know the right things to speak over my life and others. Please help me to produce good fruit with the words I speak.