

# Life Apps

*Based on the  
book of James*

Sermon Series



## Journey Group Lesson for “Speak” – February 26, 2012

### Getting Started

Would you consider yourself someone who talks before you think or thinks before you talk? How does that affect the people you interact with on a daily basis?

### Digging Deeper

#### Read James 3:1-12

When you read that passage, what is the first thing that jumps out to you?

Do you think that James is correct when he says that we cannot tame the tongue? Why or why not?

#### Read Matthew 12:33-37

What does Jesus mean in verse 34b, when he says “For out of the overflow of the heart the mouth speaks?” Do you agree? Why or why not?

Reread verses 36 and 37. What do you think about those 2 verses? Does that scare you? Why or why not?

#### Read Proverbs 10:21; 12:18; and 18:4

How have you seen these truths in your own life?

### Bringing It Home

Greg said that our goal was to have “Controlled speech that displays a changed heart.” What does that mean?

After looking at James 3, what are you taking away from it?

How can your group pray for you?