

DISCUSSION GUIDE

- Icebreaker -

Take out your phone and show your favorite photo and why it's important to you.

1. Read [James 3:2](#). How have you let your tongue get the best of you in the past and how can you avoid making the same mistake?
2. Read [James 3:3-5a](#). How have you seen the power of your words impact others both positively and negatively?
3. Relating to [James 3:3-5a](#), how can you be intentional with your words to steer your life positively?
4. Read [James 3:9-12](#) and [Matthew 12:33-37](#). Pastor Tom says, "[You] can pretend, fake it, conceal for a while what's really inside [you], but under enough pressure, in a crisis, what comes out of [your] mouth displays [your] true character." How can you cultivate greater consistency between your words and your Christian faith?
5. Look over the list of descriptions Pastor Tom gave in the Message Notes and use them to evaluate the things you say. What do you think your words say about you and what would you rather express?

Day One: [Psalm 46](#)

Day Two: [Proverbs 15](#)

Day Three: [Ruth 1](#)

Day Four: [Isaiah 46](#)

Day Five: [Acts 18](#)

This Personal Guide has been adapted from Professor Grant Horner's Bible Reading System.

PERSONAL GUIDE



"A Mouthful
or a
Mouth-less?"

May 7, 2023

Pastor Tom Lundeen



MYRC.CHURCH



"A Mouthful or a Mouth-less?"

Pastor Tom Lundeen

MESSAGE NOTES

Note [Luke 6:45](#) and [James 1:26](#)

_____ % of our entire life is spent talking.

In an average year, we'll fill 66 books of _____ pages with our words (note [Matthew 15:17-20a](#)).

We're continuing this series that's for _____, no matter where you are at in your spiritual journey, because God wants us to experience new life, and He wants to help us grow and mature in this gift of new life He freely offers. ([Hebrews 6:1](#))

1. If You Can Control Your Tongue, You Can Control Your _____ (Note [James 3:2](#))

Stumble = moral or spiritual _____.

Perfect = integrity, complete, _____, reaching full potential.

God's Spirit has to have done a major work in our heart for what to come out of our mouth consistently to be God-pleasing and _____-encouraging.

If the tongue is controlled, it's _____ that our passions and character issues have already been controlled by the Holy Spirit.

2. Our Small Tongues are Powerful Instruments of _____

...James tells us the tongue is in reality the most powerful tool for

_____ change that God has given us. Note [James 3:3-5a](#)

Great boasts = not a negative word, but big _____.

Words are extraordinarily _____, for good or ill.

Telling Yourself the _____ (William Backus)

3. The Tongue is Not _____ (Note [James 3:5b-6](#))

The tongue _____ our heart, and our hearts are...

(Note [Jeremiah 17:9](#)).

The tongue/heart reveals who we really are, that left to ourselves, we are _____ people with spiritually defective DNA. Note [James 3:7-8](#).

Restless evil = ready to _____ at any time.

Deadly poison = _____.

The tongue is a _____ arsonist, murderer, and terrorist.

God takes our words very _____.

He doesn't redefine and _____ language.

Words _____ things.

4. The Tongue is the _____ of Our Heart

I can pretend, fake it, conceal for a while what's really inside me, but under enough pressure, in a _____, what comes out of my mouth displays my true character.

Note [James 3:9-12](#)

You can look good on the outside...and have an _____ heart. Note [Matthew 12:33-37](#)

A prayer for us to pray:

Lord, help me really _____ my words and what they are telling me.

God wants our tongue to be a spiritual _____ to help us see what's actually our spiritual maturity.

So honestly evaluate your words today:

- Harshness (tells you there's _____)
- Negativity (usually _____)
- Criticism (bitterness)
- Filth/crudeness (_____)
- Bragging (_____)
- Encouraging words (happy heart)
- Gentle words (_____ heart)
- Truthful words (honest heart)
- _____ words (loving heart)
- Talk abrasively (judgmental)
- Talk too much
- _____

Start listening to your speech (including _____ speech) and let the Holy Spirit diagnose your spiritual growth and maturity.

So let's **GET Growing**:

3 important steps:

- Get a _____ heart (note [2 Corinthians 5:17](#)).
- Determine to deal with the _____ issues our words reveal.
- Commit to bring my speech under the _____ of Jesus (note [Ephesians 4:29](#); [Psalm 141:3](#)).

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

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"A Mouthful or a Mouth-less?"

Pastor Tom Lundeen

MESSAGE NOTES

Note [Luke 6:45](#) and [James 1:26](#)

20% of our entire life is spent talking.

In an average year, we'll fill 66 books of 800 pages with our words (note [Matthew 15:17-20a](#)).

We're continuing this series that's for everyone, no matter where you are at in your spiritual journey, because God wants us to experience new life, and He wants to help us grow and mature in this gift of new life He freely offers. ([Hebrews 6:1](#))

1. If You Can Control Your Tongue, You Can Control Your Life

(Note [James 3:2](#))

Stumble = moral or spiritual failure.

Perfect = integrity, complete, mature, reaching full potential.

God's Spirit has to have done a major work in our heart for what to come out of our mouth consistently to be God-pleasing and people-encouraging.

If the tongue is controlled, it's evidence that our passions and character issues have already been controlled by the Holy Spirit.

2. Our Small Tongues are Powerful Instruments of Change

...James tells us the tongue is in reality the most powerful tool for lasting change that God has given us. Note [James 3:3-5a](#)

Great boasts = not a negative word, but *big impact*.

Words are extraordinarily powerful, for good or ill.

Telling Yourself the Truth (William Backus)

3. The Tongue is Not Neutral (Note [James 3:5b-6](#))

The tongue reveals our heart, and our hearts are... (Note [Jeremiah 17:9](#))

The tongue/heart reveals who we really are, that left to ourselves, we are fallen people with spiritually defective DNA. Note [James 3:7-8](#).

Restless evil = ready to break out at any time.

Deadly poison = venom.

The tongue is a verbal arsonist, murderer, and terrorist.

God takes our words very seriously.

He doesn't redefine and nuance language.

Words mean things.

4. The Tongue is the Barometer of Our Heart

I can pretend, fake it, conceal for a while what's really inside me, but under enough pressure, in a crisis, what comes out of my mouth displays my true character.

Note [James 3:9-12](#)

You can look good on the outside...and have an untouched heart.

Note [Matthew 12:33-37](#)

A prayer for us to pray:

Lord, help me really hear my words and what they are telling me.

God wants our tongue to be a spiritual X-ray to help us see what's actually our spiritual maturity.

So honestly evaluate your words today:

- Harshness (tells you there's anger)
- Negativity (usually fear)
- Criticism (bitterness)
- Filth/crudeness (impurity)
- Bragging (insecure)
- Encouraging words (happy heart)
- Gentle words (tender heart)
- Truthful words (honest heart)
- Kind words (loving heart)
- Talk abrasively (judgmental)
- Talk too much
- Lying

Start listening to your speech (including unspoken speech) and let the Holy Spirit diagnose your spiritual growth and maturity.

So let's **GET Growing**:

3 important steps:

- Get a new heart (note [2 Corinthians 5:17](#)).
- Determine to deal with the core issues our words reveal.
- Commit to bring my speech under the Lordship of Jesus (note [Ephesians 4:29](#); [Psalm 141:3](#)).

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital* or hard copy).

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