

# LIFE HACKS

FOR TOUGH TIMES & ROUGH RELATIONSHIPS

.....[A STUDY ON THE BOOK OF JAMES] .....

MARCH 3

THE TONGUE

## INTRODUCTION

In week 4 of the series Life Hacks, we examine the great power that lies in our words. Out of the 20-40,000 words you use each day, how many do you think are positive? Do you need to focus more on positive words? Are there words that were said to or about you that you need to let go?

## DISCUSSION QUESTIONS

1. Name a time someone in your life said powerful words to you. Describe how it made you feel.
2. Read **James 3:3-6**. Where do you need to place certain boundaries in your life to steer the direction of your tongue?
3. What practices can you do in order to help with controlling your tongue?
4. Read **Proverbs 18:21**. Do you believe you have the power of life and death through your words? If so, what are things you can start saying and what can you stop saying?
5. Very rarely is someone capable of controlling one's tongue on his or her own. Discuss ideas as a group that can help control the tongue.

## MOVING FORWARD

*If our words can become uncontrollable and uncontainable, the best way to prevent it from escalating is to allow the Holy Spirit to help you with your tongue. Think about some of the words you have said in the past that you regret because of the consequences. Now, lay those thoughts down and think about the power you have to change the "worlds" you live in with controlling and containing your tongue. Pray for the control and containment of your tongue, not by your own strength but by His strength.*

## CHANGING YOUR MIND

*If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. James 1:26*