

Joyful Life Bible Studies

JAMES 3:3-12~PSALM 19:14

Lesson 12

FIRST DAY: Review of James 3:1-12

1. Summarize what you learned about the tongue from last week's lesson or lecture that is currently influencing the way you speak.
2. One lesson on the tongue is not enough. James 3:3-12 exposes the *tyranny of the tongue*. Even though these verses describe the destructive devastation caused by the tongue, we can read this, study it, and go on in the same old patterns. We need a deeper revelation of God's perspective on our use of this gift of speech. What is our goal in this as growing Christians? James 3:2
3. Seriously concentrate on Jesus' words recorded in Luke 6:45: *A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for out of the abundance of the heart his mouth speaketh.* Write the underlined phrases in your own words.
 - a. Recognizing that our heart is the source of the problem and that we are responsible for the *treasure* we store in it, begin this lesson with a prayer asking the Lord to enable you to discern good treasure from evil and to be conscientious about your choice of treasure. Write your prayer here.

*Let the words of my mouth, and the meditation of my heart,
be acceptable in Thy sight, O Lord, my Strength and my Redeemer.*

-Psalm 19:14

SECOND DAY: Read Matthew 12:34b-35

1. Jesus speaks of the source of our communication in Matthew 12:34b-35: *for out of the abundance of the heart the mouth speaketh. A good man out of the good treasure of the heart bringeth forth good things; and an evil man out of the evil treasure bringeth forth evil things.* What evil treasures could be stored in one's heart that would cause one to speak wickedly?

- a. What advice would you give to a Christian if she had this problem?
 - b. What good treasures are you storing in your heart that will affect the way you speak?
2. What impact do you think TV, movies and the radio have on our vocabulary?
 - a. How do you filter out the influence of the media so you don't pick up and repeat its ungodly words and phrases? Give specific methods.
 3. Philippians 4:8 commands us to think of only what is *true, honest, just, pure, lovely, of good report and of virtue*. How would the application of this scripture affect what we say?
 4. Godly thoughts are not always the first thoughts that enter our hearts. Often before we translate them into words they must be refined or deleted. How does your relationship with the Lord affect the way you express your thoughts?

I am purposed that my mouth shall not transgress.

-Psalm 17:3c

THIRD DAY: Read Proverbs 15:1-4

1. *Death and life are in the power of the tongue.* Proverbs 18:21a SELAH. Verify this through the following scriptures:
 - a. Proverbs 10:19-21
 - b. Proverbs 15:1-4
 - c. Proverbs 18:8
 - d. Proverbs 26:22-25
 - e. Star the scripture that speaks to you most powerfully about your tongue and share why you chose that verse.

2. Knowing the incredible power of the tongue, why do you think we sometimes find ourselves guilty of saying things that are destructive?
 - a. How would you counsel someone who feels that there are times when destructive words are justifiable?
 - b. Speaking *life* (Proverbs 18:21a) to someone is a powerful use of words. Share a time when someone's words encouraged you.
3. Think seriously about Psalm 139:4 as you write it here.
 - a. Reflect on this verse in relationship to the words you have spoken this past week. Were they crude, rude, antagonistic, divisive, poisonous, sarcastic, corrupt, cruel, critical, cross, vulgar, ridiculing, unruly or provoking? Or could they be described as loving, merciful, sweet, pure, encouraging, comforting, caring, controlled, calming or reassuring? How does this psalm produce a strong desire to monitor what you say?
4. What do you learn from the following verses that you want to incorporate into your life:

*Do not repay evil with evil or insult with insult, but with blessing,
because to this you were called so that you may inherit a blessing.
For, "Whoever would love life and see good days
must keep his tongue from evil and his lips from deceitful speech. . .
-1 Peter 3:9,10 NIV*

FOURTH DAY: Read Ephesians 4:29

1. James 3:8 reminds us that no man can tame the tongue. We need Speech Therapy! We are all guilty of lips that have spoken unrighteously. What should we do when we realize that we have sinned with our tongue?
 - a. The Greek word for repent is *metanoeo* which means *to reconsider or think differently*. It represents an *agreeing with God, a change of attitude and thus a change in action*. What will be the result of true repentance from ungodly speech?

(1.) What necessary action should we take toward those we have offended?

2. The Bible often instructs us that when we *put off* a behavior we should replace it by *putting on* another behavior. As we, through true repentance, chose to *put off filthy communication and put on the new man* (Colossians 3:8,9), record from the following verses the type of communication we are to *put on*. Use other versions if you desire.

- a. Proverbs 15:1
- b. Proverbs 15:28
- c. Proverbs 17:27
- d. Colossians 4:6

(1.) *Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.* Proverbs 16:24 Write this verse on a card and put it by the telephone or wherever it might be a reminder of the kind of words we are to *put on*.

3. One of the characteristics of the Titus 2 woman is discreetness. Gossip can be one of the most destructive uses of the tongue. It crushes, disgraces, humiliates, and separates friends. What does Proverbs 11:13a say about a *talebearer*?

- a. We should not be a part of circulating rumors, but instead be the one to squelch them. What does Proverbs 11:13b say *he that is of a faithful spirit* will do?

(1.) Admonishing someone who is gossiping is often awkward and uncomfortable. What have you found to be an effective, non-judgmental way to squelch a conversation that is permeated with gossip?

4. *Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.* Ephesians 4:29 Do you sometimes realize that words have *proceeded out of your mouth* that you wish you could take back? Write a cure for *hoof in mouth* disease.

- a. Write a phrase that would *minister grace* (a blessing):

(1.) to bring peace in a time of argument

(2.) to douse a fiery tongue

(3.) to calm an anxious heart

(4.) to comfort a hurting child

(5.) to heal a wounded heart

*Then they that feared the Lord spake often one to another:
and the Lord hearkened, and heard it, and a book of remembrance
was written before Him for them that feared the Lord,
and that thought upon His name.*

-Malachi 3:16

FIFTH DAY: Read Psalm 71:8,15,16,23,24a

1. Carefully read Psalm 145 and record some of the phrases of praise and worship.
2. What effect does praise have on the praiser?
 - a. What are some things that you can do to make praise and worship a more prominent part of your life?

Challenge: What is the difference between praise and worship?

3. Hebrews 13:15 exhorts us to *...offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to His name.* Why is it sometimes so difficult to offer praise to God?
 - a. When you find yourself discouraged or angry, what can you do that will help you to exercise words of praise?
4. Praise and worship is an essential part of our Christian walk. I Peter 2:9 NIV declares *...you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of Him Who called you out of darkness into His wonderful light.* Respond to this by writing some of your own phrases of praise and worship.
5. Another wonderful way to praise and worship is through song. Record the instructions of Colossians 3:16.
 - a. What are some of your favorite *hymns and spiritual songs*?
6. Express your praise to the Lord by writing a short poem, song or sentence of praise.

SIXTH DAY: Review James 3:3-12~Psalm 19:14

1. Reread Psalm 19:14. How are the *words of our mouth and the meditation of our heart* inter-related?
2. The tongue is the ambassador of the heart. What steps have you taken this week to attend to the condition of your heart so that your tongue expresses godliness?
3. What did you learn from Proverbs that convicted or encouraged you about your tongue?
 - a. How will you apply what you have learned?
4. What have you found to be the most difficult kind of speech in your life to bridle?
 - a. What are you going to do about it?

Challenge: Find a verse that defines this kind of speech as sin.

5. How important is it to you to edify (build up, strengthen) those in your family?
 - a. What practical steps will you take to make the changes necessary to *minister grace* to them?
 - b. Express your commitment to the Lord to change the pattern of your speech. Tell Him specifically the actions you will take. Remember, the Holy Spirit Who dwells within every believer is the One Who empowers us to make the changes. Write your prayer here.
6. What do you think the primary purposes of the tongue are?
 - a. How have you used your tongue this week to edify someone else?
 - b. Close the day by praising and worshipping the Lord. For truly, He is worthy to be praised. Magnify His name. Oh, what a beneficial, uplifting use of our tongue!

*Rejoice in the Lord, O ye righteous: for praise is comely for the upright.
Praise the Lord with harp: sing unto Him with the psaltery and an instrument of ten strings.*

-Psalm 33:1,2