

James Series Going Deeper

5- Day Devotional

Week 7, Day 1: The Tongue Reveals The Heart

Primary Scripture

James 1:26

“If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless.”

Primary Focus Statement

Our words reveal what rules our hearts, and transformed hearts increasingly produce transformed speech.

Devotional Teaching

James begins this section with an incredibly sobering warning. He says someone can believe they are spiritually mature while remaining deeply deceived internally. That should wake every one of us up.

James immediately points to the tongue because our words often reveal what is truly happening inside of us. Jesus taught that out of the abundance of the heart the mouth speaks. In other words, eventually our speech exposes what fills us internally.

Anger in the heart eventually becomes angry words. Pride in the heart eventually becomes prideful speech. Bitterness in the heart eventually flows out through criticism, gossip, negativity, or harshness.

But the opposite is also true. A heart transformed by grace increasingly speaks grace. A heart transformed by mercy increasingly speaks mercy.

James is not teaching perfection. Every believer still struggles with the flesh. His point is direction. Is your life increasingly moving toward speech that reflects Jesus?

The gospel does not merely change our church attendance or our public image. It changes our hearts. And when the heart changes, the mouth begins to change too.

One of the clearest indicators of spiritual maturity is not how loudly we worship publicly but how we speak privately.

Reflection Questions

1. **What do my everyday words reveal about my heart?**
2. **Are there patterns of anger, gossip, pride, criticism, or negativity in my speech?**
3. **Does my speech increasingly reflect the grace and mercy of Jesus?**

Action Step

Spend today intentionally paying attention to your words. Before speaking, pause and ask yourself whether your words reflect the heart of Jesus.