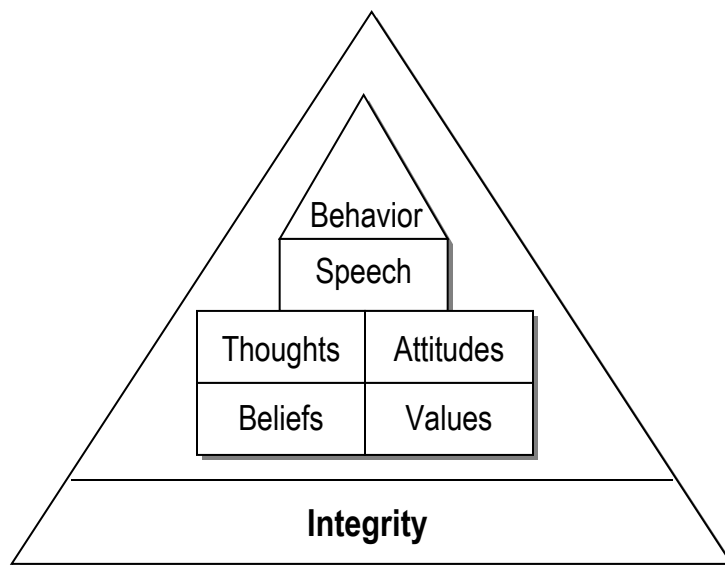


Introduction: Lasting change always occurs below the “water line.”

Model:



Thesis = our tongue is the window of our soul

The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.

Luke 6:45 (NASB)

Understanding the power of our tongue:

1. The principle – If you can control your tongue, you can control your life.

² We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

James 3:2 (NIV)

2. The proof – Our tongue is a small, but powerful instrument to institute major changes in our lives.

³ When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. ⁴ Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵ Likewise, the tongue is a small part of the body, but it makes great boasts.

James 3:3-5a (NIV)

3. The warning – Our tongue is not only powerful, but a dangerous and formidable foe.

^{5b} Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of one’s life on fire, and is itself set on fire by hell.

⁷ All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, ⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison.

James 3:5b-8 (NIV)

4. The reason – Our tongue reveals the true condition of our hearts.

⁹ With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. ¹¹ Can both fresh water and salt water flow from the same spring? ¹² My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

James 3:9-12 (NIV)

- See Matthew 12:33-37 and Jeremiah 17:9

Application: Where do we go from here?

1. Get a new heart 2 Corinthians 5:17

2. Start listening to your speech to look below the water line.

3. Determine to deal with “core” issues.

4. Commit to bring your speech under the lordship of Christ. Psalm 141:3

Discussion Questions:

1. Why is the tongue so vital to any lasting change of significance in our lives?

2. What does our tongue reveal about us? Read Matthew 12:33-37.

3. With which problems relating to the tongue do you struggle?
 - o Complaining
 - o Bragging
 - o Lying
 - o Gossiping
 - o Criticizing
 - o Talking crudely
 - o Talking flippantly
 - o Talking condescendingly
 - o Talking too much
 - o Talking abrasively

With which one do you struggle most? _____

4. List three practical steps you could take to allow God’s spirit to bridle your tongue:
 1. _____
 2. _____
 3. _____