


CENTRAL
Weekend Recap - Discussion Guide
James: Living a Genuine Life - Week 8
September 28 - October 2

Title: Taming the Tongue (James 3:1-12)

Big Idea: Your mouth will determine the direction of your life. Aim wisely!

Optional Ice Breaker: Share about a time that you got in big trouble for what you said.

Discuss:

1. Think about when someone said something that deeply hurt. How long have these words stayed with you? How did these words have an impact on you?
2. Read the verses from the Scripture section below. Why do you think the Bible places such weight on the words we use? What do you personally want to do differently after reading these verses?
3. Why do you think taming the tongue is so difficult? Are there practical ways you've found helpful to do this?
4. How would your daily life be different if you simply followed the rule, "if you don't have anything nice to say, don't say anything at all"? On a scale of 1-10, how would you rate yourself on doing this?

For Students: Would your friends and the people who follow you on social media notice if you started to watch the words you use? What do you think they would say?

Challenge: Speak words of kindness, gentleness, encouragement and love this week. Each time you want to say words of wrath, anger and belittling, take a breath and stop. Remember, your mouth will determine the direction of your life.

Scriptures:

- Matthew 15:18-20 But the things that come out of a person's mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person...
- Proverbs 15:1-4 A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise adorns knowledge but the mouth of the fool gushes folly. The eyes of the Lord are everywhere, keeping watch on the wicked and the good. The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.
- Matthew 12:36-37 But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. For by your words you will be acquitted, and by your words you will be condemned.

Prayer: Take some time to journal about how you are communicating with those closest to you like your spouse, kids, roommate or friends. Is it mostly positive, negative, both? Is there a specific event that sticks out in your mind? Then, ask God to show you a better way of using your tongue with those around you.

Next Week-Sneak Peek: Read James 3:13-18. What stands out to you? What do you think is the big idea of this passage?