



REVIEW: Living Faith Speaks with Control (James 3:1–12)

Reflect on what James teaches about the tongue - and what your words reveal about your heart.

Read:

Take time to slowly read these passages:

- **James 3:1–12** – Let the imagery and warnings sink in.
- **Proverbs 18:21** – “Death and life are in the power of the tongue.”
- **Matthew 12:34–37** – “Out of the abundance of the heart the mouth speaks.”
- **Ephesians 4:29–32** – Let your words build others up, not tear down.
- **Psalms 141:3** – “Set a guard, O Lord, over my mouth...”

Reflect:

1. When have my words recently **caused harm**—whether intentional or careless?
2. What patterns in my speech (**sarcasm, gossip, harshness**) do I often excuse?
3. How does my **online speech** compare to my in-person conversations?

Honestly consider the condition of your speech and the source from which it flows:

Destructive Speech

- Have I spoken critically, sarcastically, or harshly about others?
- Have I gossiped or shared harmful things behind someone’s back—online or in person?

Deceitful Speech

- Have I exaggerated, flattered, or distorted the truth to serve myself?
- Have I failed to speak with integrity?

Divisive Speech

- Have my words brought peace or stirred conflict?
- Have I said things that damage unity among believers?

Dishonoring Speech

- Do I bless God on Sundays but speak carelessly about others during the week?
- Do I excuse sinful speech because “that’s just how people talk”?

Transformed Speech

- Do my words reflect a heart that’s been changed by Christ?
- Am I speaking with grace—even online?
- Is my speech a consistent witness to the wisdom and peace of God?

Pray:

Ask God to do what James says we can't do alone—**tame your tongue by transforming your heart**. Let your prayer include:

- **Confession:** "Lord, my words have revealed things in me I don't like. Forgive me."
- **Dependence:** "I can't fix this with willpower. I need a new heart, shaped by your Spirit."
- **Surrender:** "Guard my mouth. Make me aware. Use my words to bring life, not harm."

PREVIEW: Living Faith Reflects True Wisdom (James 3:13–18)

*James will now move from our words to the **source behind them**: the kind of wisdom we live by.*

Read ahead:

- **James 3:13–18** – What does “wisdom from above” look like?
- **Galatians 5:22–23** – The fruit of the Spirit in contrast to the fruit of the flesh
- **Colossians 3:12–17** – What does it look like to live with gentleness, peace, and gratitude?

Journal Prompt:

- Where in my life do I tend to act with selfish ambition rather than godly wisdom?
- How would others describe the tone and fruit of my life right now—peaceful and gentle, or harsh and self-serving?