

“Transforming the Tongue”

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“If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check... “But no man can tame the tongue. It is a restless evil, full of deadly poison.” James 3:2,8

Why is it important to transform the tongue?

- **My tongue directs where I go.**

“When we put bits into the mouths of horses...we can turn the whole animal...Or take huge ships...they are steered by a very small rudder...likewise the tongue...” James 3:2-5

“Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech.” 1 Peter 3:10

- **My tongue can destroy or build up.**

“Consider what a great forest is set on fire by a small spark. 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 his life on fire, and is itself set on fire by hell.” James 3:5-6

“The tongue has the power of life and death, and those who love it will eat its fruit.” Prov. 18:21

“The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.” Prov. 15:4

- **My tongue displays who I am.**

“Out of the same mouth come praise and cursing. My brothers this should not be. Can both fresh water and salt water flow from the same spring?... a salt spring cannot produce fresh water.” James 3:9-12

4 Practices to Help You Transform Your Tongue

- **Ask God for help**

“Set a guard over my mouth, O Lord; keep watch over the door of my lips.” Ps. 141:3

Transformation step: I will begin to pray and ask God to help me control my tongue.

- **Work on the heart and the mouth will follow**

"Make a tree good and its fruit will be good or make a tree bad and its fruit will be bad. You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him." Matt. 12:34-35

Transformation step: I will submit my will to God daily, refusing to conform to the pattern of this world but be transformed by the renewing of my mind. I will choose to praise Him daily.

- **Think before you speak**

"Take note of this: Everyone should be quick to listen, slow to speak..." James 1:19

T - Is it true?

H - Is it helpful?

I - Is it inspiring?

N - Is it necessary?

K - Is it kind?

Transformation step: I will take a daily inventory of my speech, taking time to measure every word for it's quality. I may not say hurtful things often but do I speak life into anyone?

- **Speak the truth in love**

"An honest answer is like a kiss on the lips." Prov 24:26

"Truthful lips endure forever, but a lying tongue lasts only a moment." Prov. 12:19

"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ." Eph. 4:15

Transformation step: I will speak the truth when it is helpful and when not, I will hold my tongue.

"May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer." Ps. 19:14