




TONGUE TAMING 101

(James 3:1 - 12)

 “Set a guard over my mouth, O LORD; keep watch over the door of my lips.” (Psalm 141:3)

 “Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person.” (Colossians 4:6)

 “Reckless words pierce like a sword, but the tongue of the wise brings healing.” (Proverbs 12:18)

Instead of saying this:	Try saying this:
“I disagree.”	<i>“I hear you. I just see it from a different point of view.”</i>
“You’re wrong.”	<i>“I’m not sure that’s totally correct.”</i>
“That’s stupid!”	<i>“Hmm. That’s an interesting way to look at it.”</i>
“No offense but ...”	(Remove this phrase from your vocabulary. It is offensive and charged with hostility.)
“Have you gained some weight?” “Are you graying/balding?” “You look too skinny.”	<i>“It’s good to see you again.”</i> (We are to edify and build up one another not insult, offend, pull down or draw negative attention to personal or physical imperfections.)
“What’s wrong with you?”	<i>“Is there something on your mind?”</i>
“See, your problem is ...”	(Remove this phrase from your vocabulary. It is full of malice and bitterness.)
“I want you to ...”	<i>“Would you help me ...”</i>
“We need to talk!”	<i>“When can we get together?”</i>
“You should be more like ...”	(Remove this phrase from your vocabulary. God made each of us unique.)
“Are you crazy?”	<i>“Excuse me. I’m not sure I heard that correctly.”</i>
“I know how you feel.” (to someone grieving or going through a tough time.)	<i>“I pray that God would give you grace through this season.”</i> (Feelings are personal. You can never know how someone else feels.)
“Don’t worry. A lot of folks have been through that.”	<i>“I feel for you. That must be real tough.”</i> (Never belittle someone’s feelings.)
“I really can’t stand him/her!” “He/She gets on my last nerve!”	<i>“I’m having trouble loving him/her. Pray for God to help me show the love of the Lord.”</i>
“Stop complaining!”	<i>“I don’t know what to say. It sounds like that really struck a nerve.”</i>

➔ Taste these thoughts: James 1:26 “If you claim to be religious but don’t control your tongue ...”
Matthew 12:36 “And I tell you this, you must give an account on judgment day ...”