



# Tongue Control

## Suggested Props & Aids:

- Bit and Bridle
- Workout Weights
- Take home worksheet: *Anatomy of a Christian Cowboy\_Tongue Control Exercise*

***James 3:4&5 “Behold also the ships, which though they be so great, ...yet are they turned about with a very small helm, ... Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!”***

## Introduction:

When you compete you strengthen and train your muscles in your body to perform the task in the most efficient manner and you want the strength to make you the best. [Use the weights to demonstrate a few basic exercises and how they strengthen the muscles.]

In much the same way a bit and bridle are useful for a horse. [ Briefly demonstrate how the bit and bridle work together to control the horse.]

**I am going to talk about the most powerful muscle in your body today.**

Do you think I will talk about our *arms*? How about our *legs*? Well, according to God's Word, **your tongue** is the strongest muscle in your body. Let's find out what our tongue can do.

## Message:

### **It Brings Destruction:**

***James 3:4&5 “Behold also the ships, which though they be so great, ...yet are they turned about with a very small helm, ... Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!”***

You can get in a fight and bust someone's lip, but Jesus says **you can do more damage to someone by talking bad about them.**

This applies not only to the spoken word, but also to what you write, text, or post on Facebook.

You also need to know that saying mean or bad things about others is a way to get shut out and forgotten.

***Psalm 12:19 “The lip of truth shall be established forever: but a lying tongue is but for a moment.”***

## It Brings Delight:

***Matthew 15: 11 “Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.”***

Jesus says what goes into your mouth is less important than what comes out.

What comes out of your mouth reveals your thoughts and what is on your heart.

If I eat junk food all the time or eat spoiled food it would make me weak or sick, but that is not as important as the things coming out of my mouth.

What we say and how we act let people know who we really are. Are we helpful and want to encourage others or do we want to hurt others?

***Proverbs 15: 23 “A man hath joy by the answer of his mouth: and a word spoken in due season, how good is it?”***

When others see you coming, are they glad or do they want to run and hide from you? If others don't want you around because you say unkind things, it not only hurts others but it really destroys you.

***Proverbs 15: 4 “A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit.”***

## It Brings Deliverance:

***Proverbs 15: 2 “The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness.”***

***Proverbs 15: 7 “The lips of the wise disperse knowledge: but the heart of the foolish doeth not so.”***

**Our tongue is the best evangelistic muscle that we have.** If you have Jesus as your Savior, then He expects you to use that muscle to tell others about Him and about Heaven. You should tell others how easy Jesus made it for anyone that wants to repent and be born again. Jesus paid for your sins and their sins on the cross. You should invite others to come to church.

By the way, if you learn how to control your tongue for the Lord, then all of the other muscles will be much easier to control as well. Your eyes won't want to look at the wrong things, your feet won't want to run to trouble, and your ears won't want to hear bad stuff.

It is essential that Christians learn to control their tongue. Too many born again people never learn this and it makes it harder for the unsaved to want Jesus as savior if they see Christians that use their tongues to hurt others.

If you are unsaved, then this sermon does not mean much to you except that you need Jesus. Jesus says that you must be born again. Without Jesus as savior and without an in-dwelling Holy Spirit, you cannot control your tongue and it will cause you much trouble in this life. Then in eternity, much worse trouble is waiting for you. Please call upon Jesus today.

Present Salvation.



# Tongue Control Exercise

*James 3:4&5 "Behold also the ships, which though they be so great, ...yet are they turned about with a very small helm, ... Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!"*

**Choose the correct responses to the following situations:**

**You get a call from a "friend" & he/she begins to talk inappropriately you should:**



- a. Promptly hang up on them.
- b. Interrupt & explain that you don't talk like that and be polite; then if necessary say good-bye politely and hang up.
- c. Just listen; after all, he/she is a friend.
- d. Join in the fun.

**The whispers begin about someone else. What should you do?**



- a. Listen closely so you can repeat the news right; then it won't be gossip.
- b. Listen, but do not repeat the news.
- c. Shake your head, and walk away; do not listen.
- d. Join in the fun.

**You are corrected by your parent. What should you say?**

- a. Talk back.
- b. Obey right away; and speak in a repentant spirit.
- c. Text a friend about how mean your parent is.
- d. Curse behind your parent's back.

