

One Step to Freedom  
Chapter 4: Obedience to God's Word

**Lesson 5**  
TAMING YOUR TONGUE

*“But no man can tame the tongue. It is an unruly evil, full of deadly poison.”(James 3:8)*

**Read James 3:1-12: God's Warning on What We Say**

First James warns teachers to guard their tongues, because with one word they could misrepresent God and stumble others. Then James applies the warning to all generally—pointing out how dangerous the tongue is, how hard it is to control, and emphasizing the maturity of a person who can practice self-control on what they say.

Having self-control in what we say is a good biblical principle to learn and it will give us victory in trials and temptations.

1. What does James mean in verse 2 when he says, “If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body”?
2. In verses 3-5, James draws for us three illustrations that show us how much our tongue (words) affects our whole being. What are these three illustrations?
3. In verse 6, what is the tongue compared to?
4. Write out the remainder of verse 6.
5. Explain verse 6 in your own words.

James tells us that every beast, bird, reptile and creature of the sea can be tamed, but no one can tame the tongue. It is an unruly evil and full of deadly poison. (vv. 7-8)

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6. According to James 3:9, what is our tongue capable of doing?
7. What does James declare in verse 10?
8. Again in verses 11 and 12, James uses three illustrations to impress his point about what comes out of our mouths. List the three illustrations and its principle.

Our words can build up or tear down—edify and encourage others or quench and discourage.

9. Write Psalm 37:30-31.
10. What does Proverbs 17:27-28 say?
11. What did Solomon, the wisest man on earth (besides Jesus) advise? See Ecclesiastes 5:2?
12. What does Jesus tell us about our words in Matthew 12:36-37?
13. What does Paul the apostle remind us about our words? See Ephesians 4:29.

So what should a believer in Christ be talking about? We should be talking about the Lord! Discuss God's truth with others. If God's Word is in our heart, it will be the center of our conversations. When we speak God's Word, it will strengthen us when trials and temptations come.

*“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.” (James 1:19)*