



Bridling the Tongue

Focus Only God can tame our tongue, but we have the responsibility to *bridle* it.

Open Have you ever ridden on a horse? If yes, tell about one of your experiences with horses.

Read Just as a bridle in a horse's mouth doesn't immediately tame the horse, we go through a process to tame our tongue. Here are three keys to bridling our tongues:

We should **pause** before we speak. Often, when we have a problem with anger, it's because we're quick to speak and slow to listen (James 1:19). On the other hand, when we guard our mouth, we keep our soul from troubles (Proverbs 21:23). We show wisdom when we restrain our lips (Proverbs 10:19; 17:27–28; 18:13). An acronym to help us remember to pause before we speak is: **W.A.I.T. – Why Am I Talking?**

We should **ponder** what we're going to say before we speak. We think, not only with our mind, but also with our heart (Proverbs 23:7; Luke 2:19, 35; Hebrews 4:12). If we pause and consider what we're planning to say, we can think about our words in our heart, not just in our mind. This is important because our heart was cleansed and made new when we were saved, but our mind is still in the process of being renewed. Our converted heart can tell our renewing mind what to say so we can always speak life and not death.

We should **pray** for our mouth before we start our day. In Isaiah 6:1–8, we see an example of how to live this daily prayer. Like Isaiah the prophet, we come into the presence of God in worship. As we have an encounter with

God, we confess our sins and weaknesses, and He cleanses us, which includes redeeming our mouth. Then we're able to go out and help others in the society we live in today with people who have unclean lips.

Transformation in our life and speech happens only when we fully surrender ourselves and give God everything.

Talk

1. Pastor Robert mentioned three types of people in his message. Which type do you identify with?
 - a. those who think before they talk
 - b. those who think while they talk
 - c. those who think after they talk
2. Read James 1:26. Discuss with the group the connection between an uncontrolled tongue and deceiving ourselves.
3. Read Psalm 34:12–13. What is the reward for bridling our tongue?
4. While no human is perfect, do you know a good example of someone who is able to bridle their tongue? What's different about their speech? What can you learn from them?
5. How do we keep ourselves connected to God's grace in this process of learning to bridle our tongue? In other words, how do we protect ourselves from discouragement and condemnation from the Enemy?

Live

Ask a friend or mentor to be your prayer partner as you learn to control your tongue. Give them updates from time to time on how you're progressing.

Pray

Lord, I thank You that Your Holy Spirit is teaching me how to bridle my tongue. I praise You, God, that You are able to tame my tongue. I surrender my tongue and my life fully to You. Please transform me into a person who speaks life and not death.