

DEEPER BIBLE STUDY

HEART WORK

TAMING THE TONGUE | JAMES 3:1-12 | PASTOR ADAM AZIZ

Day 1: Let God Search My Words

Read: James 3:1-2, Psalm 139:23-24

Focus: Ask God to reveal what your speech has been exposing.

Reflection:

- Where have I been careless with my words?
- Do I speak in a way that reflects maturity or immaturity?
- What patterns keep showing up in my mouth?

Prayer: Lord, search me. Reveal what my words have been exposing. Show me where my speech has been careless, prideful, critical, or unholy.

Day 2: Pause Before You Speak

Read: Proverbs 10:19, Proverbs 17:27-28

Focus: Spiritual maturity knows when to stay quiet.

Reflection:

- Do I talk too much?
- Do I react too quickly?
- What would change in my life if I slowed down before I spoke?

Challenge: Today, practice pausing before you speak, text, post, or respond.

Day 3: Who Is Steering My Tongue?

Read: James 3:3-5, Psalm 141:3

Focus: Small things can control big things.

Reflection:

- What has been directing my mouth lately?
- My emotions? My anger? My pride? My hurt? The Holy Spirit?
- Who really has their hands on the reins of my tongue?

Prayer: Lord, take control of what I say. Guard my lips and lead my mouth.

Day 4: Put Out the Fire

Read: James 3:5-6, Proverbs 16:27-28, Proverbs 26:20-21

Focus: Words can start fires.

Reflection:

- Have my words fueled conflict anywhere?
- Have I used sarcasm, gossip, venting, or harshness to wound others?
- What fire needs to stop with me?

Challenge: Refuse to repeat anything today that could spread strife.

Day 5: Deal With the Heart, Not Just the Mouth

Read: Matthew 15:18-19, Luke 6:45

Focus: The mouth reveals the heart.

Reflection:

- What keeps coming out of me under pressure?
- What does that reveal is still living in my heart?
- What hurt, bitterness, pride, or anger needs to be surrendered?

Prayer: Jesus, don't just fix my words. Heal my heart. Cleanse what's underneath what keeps coming out of me.

Day 6: Yield to the Holy Spirit

Read: James 3:7-8, Galatians 5:22-23, Ephesians 4:29

Focus: The tongue cannot be tamed without God.

Reflection:

- Have I been trying to manage my speech in the flesh?
- Am I yielding to the Holy Spirit before I speak?
- Is what I say good, helpful, and encouraging?

Challenge: Before every hard conversation today, pray first.

Day 7: Let My Speech Match My Faith

Read: James 3:9-12, Psalm 19:14, 1 John 4:20

Focus: Blessing God and cursing people should not come from the same mouth.

Reflection:

- Does my speech match my profession of faith?
- Do I worship God and then tear down people made in His image?
- What needs to change so my mouth reflects someone who has been with Jesus?

Prayer: May the words of my mouth and the meditation of my heart be pleasing to You, Lord.