



LIFEGROUPS

Series: *Get Fit*

Scripture: *James 3:1-12*

Date: August 11-18, 2019

Message: *Words Create
Worlds*

—[LET'S START]—

Think about the things that you have trained for over the course of your life. What are some of the first things that come to mind? What are some things that you trained for that changed you for the better?

—[LET'S TALK]—

1. **GRATITUDE AND PRAYER:** What happened last week for which you are thankful? What challenges do you see in your life? Your family? The World? Thank God for the beautiful ways that He has been at work. Pray for the challenges that those in your group are currently facing.

2. Read James 3:1-12.

What are some of the word pictures that James paints in this passage concerning the tongue?

How have you seen the words you speak lift others up?

How have you seen the words that you speak tear others down?

Why do you suppose that our words have such a capacity for destruction?

What did you think of Kyle's comparison of God's words and our words creating worlds? How are we similar to God in this way? How do we differ? (See Genesis 1:26)

3. Read Matthew 12:33-34. What do you notice about what Jesus said about the relationship between our words and what is inside of us?

Read Jeremiah 17:9. How do Jeremiah's words here make you feel? How have you seen Jeremiah 17:9 proved in your life?

4. Throughout his message, Pastor Kyle talked about training our tongues. What are some ways that you have trained your tongue? How do you suppose that we as a group could help each other keep a better reign on our tongues?

—[LET'S ACT]—

Pastor Kyle asked us to take some time this week to get quiet and reflect on what our mouths have been saying. He asked us to ask God to reveal the words that we have been saying that have created damage and destruction for yourself and others. He also asked us to ask others, whom we trust to share any words that we have said that have had a negative impact. Let's take this to heart and pray for each other as we seek to train our tongues.

—[SERMON REVIEW]—

- Failing to train our tongue can lead to severely damaging consequences.
- Most of us have dealt with asking ourselves the questions, "Why did I say that?"
- James was so concerned about words that he dedicated a significant portion of his instruction to Christians about the topic.
- God will hold those who teach to a higher level of accountability because people who teach others what God's Word says carry more weight with their words.
- All of us have roles in our life where our words carry more weight than others.
- God has given you and me certain roles in our life and whatever role that is, our words matter, and we will be held accountable for our words.
- Our tongue, small as it might be, impacts our entire being.
- Our words have enormous potential and they impact our entire life.
- When God made us in His likeness, he too gave us the ability to create with our words. Our creative power is not the same as God's. We can't speak nature into being, but our words do create worlds.
- God gave us words to be used for his good and his glory and to bring his love to others. Yet we have taken this power he has given to us, and we have used it to curse people who are his creation in order for us to feel better about ourselves.
- Our tongues have muscle memory. It is unnatural for our tongue to praise God. In order for us to get fit, we must train our tongue.
- Get quiet and reflect on what your mouth has been saying.
- Ask God to reveal to you the words you have been saying that create damage for yourself and others.
- Ask others what words you have been saying that have had a negative impact. Then apologize for them and ask them to hold you accountable for saying honoring things.
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