

# Bible Experience

## James 3:1-12

Dear brothers and sisters, not many of you should become teachers in the church, for we who teach will be judged by God with greater strictness.

2 We all make many mistakes, but those who control their tongues can also control themselves in every other way. 3 We can make a large horse turn around and go wherever we want by means of a small bit in its mouth. 4 And a tiny rudder makes a huge ship turn wherever the pilot wants it to go, even though the winds are strong. 5 So also, the tongue is a small thing, but what enormous damage it can do. A tiny spark can set a great forest on fire. 6 And the tongue is a flame of fire. It is full of wickedness that can ruin your whole life. It can turn the entire course of your life into a blazing flame of destruction, for it is set on fire by hell itself.

7 People can tame all kinds of animals and birds and reptiles and fish, 8 but no one can tame the tongue. It is an uncontrollable evil, full of deadly poison. 9 Sometimes it praises our Lord and Father, and sometimes it breaks out into curses against those who have been made in the image of God. 10 And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! 11 Does a spring of water bubble out with both fresh water and bitter water? 12 Can you pick olives from a fig tree or figs from a grapevine? No, and you can't draw fresh water from a salty pool. NLT

### What you will need:

Your Journal  
A worship CD  
A box of color crayons (with a lot of different colors)  
Plain white paper

### 1) Read the passage

Read James 3:1-12 to yourself. Take particular notice of all the images presented about the tongue.

### 2) Write in your journal

Write down all the things that this passage associates with the tongue or speech that comes out of our mouth. Write how you feel when someone says mean, or hurtful things to you. Which picture of the tongue do you think most accurately fits how those words made you feel?

### **3) Write a story**

Relive a moment in your life when you hurt someone with your words. Write down what happened. Now think of a time when your words encouraged someone. Write down what happened.

### **4) Meditate with music**

Listen to a praise and worship song and think about the power of your words to either build up or to destroy. Think of opportunities you have to build up other people. Talk with God and ask Him to help you use your words to build up and heal.

### **5) It's coloring time!**

Think of several words and phrases that build up and encourage people. Be as specific as possible. Picture a person in your mind and then imagine what you could say that would be an encouragement to him/her.

Write down the words and phrases that come to your mind. Use a different color for each phrase. Decorate your phrases by putting fancy borders around them.

Hang this up someplace where you will see it on a regular basis. Allow it to remind you to be a spring of fresh, life-giving water and not bitter, salty water.