



# MESSAGE NOTES

## CONTROLLING THE TONGUE

James 1:19

James Brown

### Speaking too emotionally

The thing that causes the most pain and heartache in your life is probably your own tongue. The greatest destroyer of any relationship is an uncontrolled tongue. The Bible all through both the Old and New Testament is encouraging us to think before we speak and to control our tongues.

***James 1:19 Everyone should be quick to listen, slow to speak and slow to become angry.***

The words you speak that get through to people the most aren't the harsh emotional words. It's the gentle loving words that really change people. When you speak harshly it pushes people away but when you speak lovingly it draws people in.

### Speaking too much

Some people get themselves in trouble because they speak too emotionally and other people get themselves in trouble because they speak too much. As a general rule fewer words are better.

***Proverbs 10:19 In the multitude of words sin is not lacking, but he who restrains his lips is wise.***

If you speak less, listen more, and think before you speak people will pay attention. Your words will become like precious jewels to those who hear them.

### Speaking maliciously

This includes judging other people and gossiping about them.

***James 4:11-12 Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgement on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbour?***

Gossip is sharing information about someone not because you want to help that person but to make yourself feel good. Judgementalism is standing in the place of God and claiming 'they're wrong, I'm right'. We need to leave all judgement up to God and just focus on loving other people. When we do this we will experience all of the fullness of God's blessing upon our lives.