



SHATTERPROOF

overcoming life's trials

GROUP DISCUSSION QUESTIONS | TAMING THE TONGUE

WELCOME

- ◆ Spend a few minutes greeting everyone in the group.

ICE BREAKER/INTRODUCTION QUESTIONS

- ◆ What are some positive ways we can use our words? What are some ways that words can get out of control?

DISCUSSION

1. Read [James 3:1-2](#). What does verse 2 say a perfect person is able to do? Who is perfect? What does this verse communicate to you about the difficulty of taming the tongue?
2. Read [James 3:3-4](#). How are the horses' bit and ship's rudder described? What role does the bit and rudder fulfill? What other images from today could be used to describe the influence a bit and rudder have?
3. Read [James 3:5-8](#). How is the tongue like a bit or a rudder? Consider the image of the spark. What does this tell you about the damage your tongue can do? How have you seen your tongue out of control? What ramifications and damage have resulted from a time you've lost control of your tongue?
4. Why do you think we use our tongues in destructive ways one minute and use them to express kindness or praise the next?
5. Read [James 3:9-12](#). What do these verses tell you about the faith of the person described? What needs to happen in a person's heart for their faith to be genuine?
6. Read [Luke 6:43-45](#). What do these verses say "good trees bear?" How does verse 45 say good things come out of a man? What do our words and deeds tell about us? What does the behavior of the tongue tell you about the state of someone's heart?
7. Describe your words or conversations over the last week(s). Include the attitudes with which you spoke and motivation behind your words. What do these words say about your heart? What would you like others to see in your heart?
8. James 3:8 says, "no human being can tame the tongue." Verse 10 says, "Out of the same mouth come praise and cursing. My brothers and sisters, this should not be." What tension have you experienced between using your tongue speak in ways that are good, versus ways that are bad? Do you find yourself fluctuating between the two?
9. What kinds of situations or temptations tend to trip you up when it comes to controlling your tongue? How could gaining control of your tongue help your faith to be shatterproof when faced with those stressful times in the future?
10. Read [Philippians 4:8](#). It's been said that what we think impacts what we say. The reason this is true is that what we think impacts our hearts. Spend some times talking about ways you are thinking or could think about things that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy. How do you think this does or could impact what you say to others?
11. Read [Hebrews 4:12](#) and [Psalm 119:11](#). What can God use to keep your heart right? In what ways do you incorporate God's Word in your life? In what ways has God's Word helped the health of your heart? How would you like to move forward in the transformation of your heart and words?

PRAYER

- ◆ Read [Psalm 51:10](#). What does this verse tell you about how your heart can be transformed? Describe the areas of your heart that need God's creative touch. Ask your community group to pray that God would remake your heart in