



Women's Coffee Meet Up

April 10, 2025

Title: Taming the Tongue

Theme: Speaking Life in a World of Noise

Key Verse: Likewise, the tongue is a small part of the body, but it makes great boasts...The tongue also is a fire...With the tongue we praise our Lord and Father, and with it we curse human beings...Out

of the same mouth come praise and cursing. My brothers and sisters, this should not be. James 3:5-10

Icebreaker: Say What?!

Share a word or phrase someone once said that stuck with you.

Introduction:

Our words carry incredible power. With a few simple sentences, we can encourage, inspire, correct, or hurt. In James 3, Scripture warns us about the danger of an untamed tongue—but also offers hope that, through God's help, we can use our speech to reflect His heart. This study invites you to pause and reflect on the words you speak, how they impact others, and how you can grow in speaking life, not destruction. Let's dive into God's Word together and seek His wisdom as we pursue godly speech.

1. The Power and Danger of the Tongue

Our words may seem small, but they can create great impact—both for good or harm. James urges us to take the responsibility of our speech seriously.

 James 3:5-10 – "Likewise, the tongue is a small part of the body, but it makes great boasts..."

James reminds us that our words can be dangerously powerful and unpredictable, capable of both praise and destruction.

Reflection: How does this passage challenge the way you think about the words you speak daily?

2. Speaking Life or Death

Every word we speak carries weight. We can choose to give life or cause harm—there's no such thing as a "neutral" tongue.

 Proverbs 18:21 – "The tongue has the power of life and death, and those who love it will eat its fruit."

This verse emphasizes that our words carry real consequences—they can either nourish or destroy.

Reflection: Think of a time when someone's words spoke life or death to you. How did that moment shape you?

3. Using Words That Build Up

God calls us to be intentional with our speech—to encourage others, not to tear them down. Our words should reflect His grace.

 Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up..."

Paul instructs believers to use their words to encourage and strengthen others, avoiding language that tears down.

Reflection: What kinds of words do you most often speak—ones that build up or tear down? Why do you think that is?

4. Praying for a Guarded Mouth

Sometimes the best thing we can do is ask God for help before we speak. David models this with a prayer for self-control.

 Psalm 141:3 – "Set a guard over my mouth, LORD; keep watch over the door of my lips."

David prays for God's help in self-control over his speech, asking for divine protection over what he says.

Reflection: What would it look like in your daily life to invite God to "guard your mouth"?

5. Responding Gently in Conflict

Our tone matters. A soft response has the power to change the direction of a conversation—while harshness only fuels the fire.

 Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."

This wisdom teaching shows how our tone and response can either bring peace or escalate conflict.

Reflection: When was the last time your gentle words de-escalated a situation—or when harsh words stirred up more tension?

6. Words Reveal the Heart

What we say is a reflection of what lives within us. If our heart is full of God's truth, our words will reflect that.

 Luke 6:45 – "A good man brings good things out of the good stored up in his heart... for the mouth speaks what the heart is full of."

Jesus teaches that our speech reveals the condition of our hearts—what we say is a reflection of what we hold inside.

Reflection: What is your heart full of lately, and how is that showing up in your words?

Discussion Questions:

1. Why do you think it's so easy to speak harshly or impulsively, even when we know the power our words have?
 2. In what ways can our words reflect the love and character of Christ in everyday conversations?
 3. How can we hold one another accountable in our speech without being judgmental?
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Closing Prayer:

"Lord, I surrender my words to You. Let my speech reflect Your heart—full of grace, truth, and love. Teach me to be slow to speak and quick to listen. Help me build others up, not tear them down. May my words be a testimony of Your goodness. In Jesus' name, amen."

Life Application:

- Speak one intentional word of encouragement to someone today.
- Write down one Scripture to memorize this week.
- Practice pausing and praying before you speak in tense situations.