

Day 4 – To Learn to Tame the Tongue

Reason 4: To Learn to Tame the Tongue

Learning to control our speech is a crucial aspect of growing in Christ. James 1:26 says: “If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless.”

Read *Proverbs 17:27-28*.

- How does verse 27 describe the person who has knowledge and understanding?

When we exercise the spiritual discipline of fasting, we learn that we don’t really need as much food as we typically eat. How do you suppose that fasting from words by seeking the Lord in silence and solitude might impact the way that we think about our speech?

- What does verse 28 say about those who are able to keep silent?

Read *James 3:1-12*.

- What does verse 2 say about the connection between control of the tongue and control of the body?

Verses 5 and 6 compare the tongue to a small fire that can consume a great forest.

Close in prayer by asking the Holy Spirit to work to produce in you the ability to control your tongue. Seek also times of regular fasting from words in silence and solitude in order that you might grow in this area.