

DOES YOUR TONGUE NEED HEALING?



WARM UP

Little Johnny says he is sick and does not want to go to school. His discerning mother firmly says, “Johnny, put out your tongue and let me see”. Perhaps our tongues reveal whether we are sick or healthy. There is no area in our personality more directly related to our total wellbeing than the mouth and the tongue. Regardless of how controlled a person is in all other aspects of his life, the tongue is the real barometer of the Christian’s life. Perhaps more people unknowingly sin with their tongues than with any other part of their bodies. It would do us all well to answer the question – *does your tongue need healing?*



BACKGROUND

In the Talmud we read that the great Rabbi, Gamaliel, once said to his servants, “Bring me something good”. The servants returned and brought him a tongue. The Rabbi then said, “Bring me something bad”. Again the servants returned with a tongue, saying: “A tongue, master, may be the source of good or evil. If it is good, there is nothing better, if it is bad, there is nothing worse”.

The Bible describes the tongue as “a fire, a world of iniquity”. (James 3:6) This being the case, the tendency would be to play it safe – to keep quiet and say nothing. But abstention from anything is never a complete substitute for control of its use.

READ James 3:2-10; Colossians 4:6



QUESTIONS

1. From your personal experience how has ‘the monster behind the teeth’ has gotten you into trouble?

What have you learned from your experience? (See Proverbs 18:6-8.)

2. Explain what you think Solomon meant by the words “death and life are in the power of the tongue”. Read and explain the whole verse – Proverbs 18:21.

3. Since becoming a Christian how has the Lord begun to help you bridle your tongue?

4. Give examples of how positive and negative words sown into someone’s life have affected them.



IT’S TIME FOR PRAYER

MY RESPONSE AS A PROMISE KEEPER

I will forgive anyone who has spoken negative words over me. I will ask for God’s power to speak positive words into people’s lives.

CONSIDER THIS

Let your words be always soft and sweet, for you never know - some day you may have to eat them! The apostle James gave some good advice in James 1:19. Read it! Men are born with two ears, two eyes and one mouth. Perhaps we should listen and see twice as much as we speak!

As a child, when being teased in the playground at school, we often used to chant this little song, “Sticks and stones can break my bones, but names can never hurt me!” I don’t know who invented that little ditty, but it is totally untrue! Names can hurt, and stigmas can stick and rivet themselves to one’s soul and last a lifetime. So bridle your tongue!

WRAP UP

As a group, pray together and determine in your heart to guard your tongue. Then determine to go and ask forgiveness from those you have hurt with your words. (Be sensitive to the Spirit and He will guide you in this.)

