



## Discussion Questions for the week of October 8th

### BIG IDEA:

You cannot tame what comes out of your mouth.

You can only tame what goes into your heart.

### SUMMARY:

Our tongue is small, but it carries incredible power. We can tame all kinds of wild animals, but as we see in James chapter 3 that we cannot tame our tongues. See, what comes out of our mouth is a product of what is stored up in our hearts, so we must surround ourselves with things (media, music, friends) to inform our heart so that we can bring God glory. The tongue is a follower.

### ICE BREAKER:

Let's see who has the most control over their tongue: Who can twist their tongue upside down? Who can roll their tongue or can anyone touch their tongue to their nose?

### DISCUSSION:

1. Let's talk about intake. What are ways to consume something? How do you consume a book, a TV show, a meal, a song, a smell of a candle? What senses are involved for each thing?

2. How do we output?

(Help kids from being gross. Steer towards we output by words we say, things we start to believe or allow to take root in our thoughts and actions- what we do with thoughts that have built up. What we say can fall into "action camp" too.)

### Read Matthew 6:19-23 & Jeremiah 17:9 as a group.

3. Would you say you are controlled by your output? | Backing up, what controls your output?

4. Does intake matter?

5. Can we trust our hearts to do good on their own? Can we trust our heart to be the filter for our intake?

### Read James 3:3-8 together as a group

6. Do your words or actions get you into more trouble these days?

7. Back to the earlier question, do you have control of your output? And what's another way we could say this? (Tame our tongue)

8. Read verses 3-4 again. What do you think? Do you think the tongue has potential for evil? Why or why not?

9. Which of the following is your worst personal habit when it comes to your tongue?

- |                       |                         |
|-----------------------|-------------------------|
| A. Gossip             | E. Saying Hurtful Words |
| B. Telling White Lies | F. Cussing              |
| C. Dirty Jokes        | G. Complaining          |
| D. Arguing            | H. Other (explain)      |

10. Have you personally seen any negative effects result from your own bad habits with your tongue? James 3:5-6, we know that's true for all of us!

11. Read James 3:7-8 together as a group. Do you agree or disagree that it is nearly impossible to tame the tongue?

12. Have you ever tried to break a bad habit with your tongue? What have you tried and how has it worked out?

13. Read Luke 6:45 together as a group. What do you think about the connection between what goes into your heart and what comes out of your mouth?

14. Can you think of things that have gone into your heart (from your eyes and ears) that may be the root behind your bad habits with your tongue?

### APPLICATION:

15. Luke 6:45 is very clear. If we want good things to come out of our mouths, we have to have good things stored up in our hearts. What is the most obvious and simple way to store up good things in your heart? Hint: *Psalm 119:11...Read & Memorize scripture*

16. Luke 6:45 is also very clear that, if we store up bad things in our hearts, bad things will come out of our mouths. What are some of the bad things you need to choose to block out of your heart?