



Week 6: Taming the Toxic Tongue

FACILITATOR'S NOTE:

- ✓ Start your group discussion with the “Check-in” question to help your members reflect back on their week and follow up on last week’s application challenge.
 - ✓ Review the “Big Idea” to help you gain clarity around the heart of this week’s message and focus your group’s discussion towards a clear direction.
 - ✓ Read this week’s scripture passages together and guide your group through the “Discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message.
 - ✓ Move your group discussion to a deeper level by leading them through questions in “Apply”. Use discernment to customize these application questions to meet the needs & dynamics of your group.
- NOTE:** You do not have to cover all the questions provided in “Apply”.
- ✓ Connect with God together as a group through this week’s “prayer practice”, which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

UPDATED NOTES TO FACILITATORS RE: COVID-19

During this unprecedented time of the COVID-19 pandemic, the primary focus of your group should shift to the immediate needs and mental health of your members. We are adopting a **C.P.R.** approach during this season, which stands for the following:

- **Care** refers to the love and support that we offer in our groups, from helping one another with tangible needs, rejoicing in celebrations together, and supporting personal struggles with encouragement and empathy
- **Prayer** refers to offering our gratitude and praise to God, bringing our worries to Him, and praying for our community and world
- **Remembering** refers to reflecting on God for who He is, what He has personally done in our lives, and what He is capable of doing

DQs will continue to be provided for our sermon series, but will be shortened and simplified since your group’s attention and time should be devoted more towards CPR. For more resources on care and prayer, check out the Slack channels.

CHECK-IN

What landed with you from this week’s message?

<p>BIG IDEA</p>	<p>The mouth is a hugely powerful influence in the direction of our lives, in the -destruction of what we have, and in displaying who I actually am. There are three ways given to tame the toxic tongue: Get a New Heart from God, Think Before I Speak, and Ask God for Help Everyday.</p>
<p>DISCUSS</p>	<p>Read James 3:3-12</p> <ol style="list-style-type: none"> 1. What does the passage tell us about the impact our tongues have on others (and ourselves)? Can you recall a moment where you or yourself had been negatively impacted by something that was said? 2. What are some topics that you talk about often? Does the way you speak reflect where you want to be in life?
<p>APPLY How do we respond to God's teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<p>James 3:12 says, "Can you pick olives from a fig tree, or figs from a grape vine? No, and you can't draw fresh water from a salty pool." When we've got a problem, we have to consider the source.</p> <ol style="list-style-type: none"> 1. What are you feeding yourself with each day? How do those things influence your heart, mind, and in turn your words? 2. What habit can you form that gives you room to think before you speak?
<p>PRAYER PRACTICE (15 minutes)</p>	<p>Oftentimes, we can be unaware that the topics and the way we speak may have a greater impact on others. They may also reveal a deeper matter in our heart that needs to be addressed. <i>James 1:19 says, "Everyone should be quick to listen, slow to speak and slow to become angry."</i> We talk a lot and we do it fast. Everyday we might say something that we didn't mean or realize. The only way we can change the way we speak and think, is to allow God to enter into our hearts and renew us.</p> <p><i>*Leader should guide each step of the prayer practice</i></p> <p>Spend 5 minutes of silent prayer for each of these sections:</p> <ol style="list-style-type: none"> 1. Close your eyes and enter into a moment of solitude, to clear your mind and thoughts, to prepare an invitation for God to enter your heart 2. When you're ready, ask God to reveal what needs healing in your heart. 3. Take moments to pause and meditate. When you're ready, ask God to enter into your heart and allow Him to heal you. Thank Him for that. <p><i>Psalm 141:3 says, "Lord, help me control my tongue and help me be careful about what I say."</i> Habits are extremely hard to break, especially ones that are natural to us that we may not have the greatest awareness of. Take time everyday before every conversation to pause and pray, and ask God to transform the language in our hearts and in time, the language that comes out of our mouths.</p>