

The Power of Words and Speech

When you open your mouth to say something: once you say it, you cannot put it back - so be very careful how you talk. That's a valuable warning for all of us, and it's biblical too. In James 3 the Apostle has a lot of dire warnings on the power of the human tongue. Today on Groundwork we dig into that chapter to discover the power of speech, the need to seek control over our mouths, and how it relates to the health of our spiritual life.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- Have you ever regretted saying something as soon as you'd said it? Why did you regret it? What emotions led you to say it in the first place?
- Recall a time someone's words really impacted you. Maybe it was a powerful speech or a sermon; maybe it was inspirational words from a teacher or loved one. Why were those words meaningful to you? What was going on in your life at the time? What choices or changes did you make because of them?



LISTEN TO THE EPISODE: [The Power of Words and Speech](#)

READ [James 3:1-12](#)

REFLECTION After listening, consider the following questions:

- Have you ever thought intentionally about how you speak, whether it be your choice of words or your style of speech? What values informed your thought process and decisions? Are those values consistent with the values James presents?
- In segment 2, Dave Bast talks about making evaluation of our speech a regular part of our own self-examination for confession. Consider committing to try this for a day, a week, or even an hour using the questions Dave presented: *Have I said something to someone, or have I said something about someone to someone else that I need to confess before God? Did I give empty words when I could have met a tangible need?* After the exercise, reflect: What do you observe about yourself and about your communication? Did the knowledge of doing the exercise impact your choices?
- Reflect on the style of speech and type of words you use during times of worship (whether your own, scripted liturgies, or scripture). How is it different than your daily communication? Are there aspects of your worship speech that you should carry into daily life? Similarly, are there aspects of daily life you should really be bringing to the Lord in worship (what keeps you from doing so)?

RELATED PASSAGES for further study

[Matthew 5:21-24](#), [Ephesians 4:17-5:20](#)

CONCLUSION

Read and remember [Isaiah 6:5-6](#). Like Isaiah, confess, receive the Lord's absolution, and allow yourself to grow in relationship and service to him.

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