

A close-up photograph of a woman with blonde hair sticking her tongue out. She has a playful, slightly pouting expression. The background is blurred, showing hints of blue and red. The text is overlaid in the center of the image.

**BECOMING
HOLY BY**

**TAMING THE
TONGUE**

A few questions before we start

- Have you ever been confronted by a Christian about your speech? Or have you confronted anyone in relation to their speech? (Describe this confrontation)
- Why is it especially horrible to curse or verbally abuse another person?
- If your tongue were to be judged today ,would you stand the test of faith?

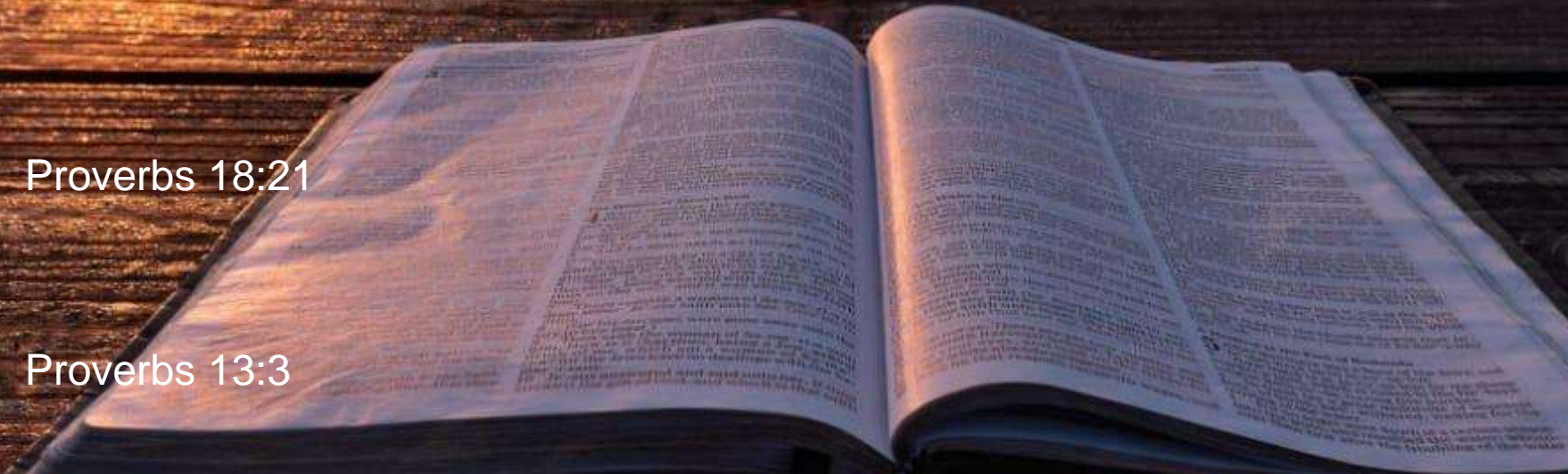
What the Bible says about the Tongue

- James 3:10

- James 3:1-12

- Proverbs 18:21

- Proverbs 13:3



An aerial photograph of a vineyard in a valley. The rows of grapevines are arranged in a curved pattern across the hillsides. In the foreground, three green tractors are parked on a dirt path. In the background, a small village with houses and trees is visible. The lighting suggests late afternoon or early morning, with long shadows and warm tones.

The topics we're talking about today

Criticism

Foul words

Proving


Grumbling

Coarse joking



Gossip

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- A scenic autumn landscape featuring a paved road that curves through a field of fallen, golden-brown leaves. In the background, a dense forest of trees is visible, with some trees displaying vibrant orange and yellow autumn foliage, while others remain dark green. The sky is a pale, clear blue, suggesting a bright day. The overall atmosphere is peaceful and serene.
- Is it good or bad? What is the meaning of gossiping?
 - What is the purpose of gossiping?
 - Do you trust the people who gossip? Do you like when someone gossips about you?



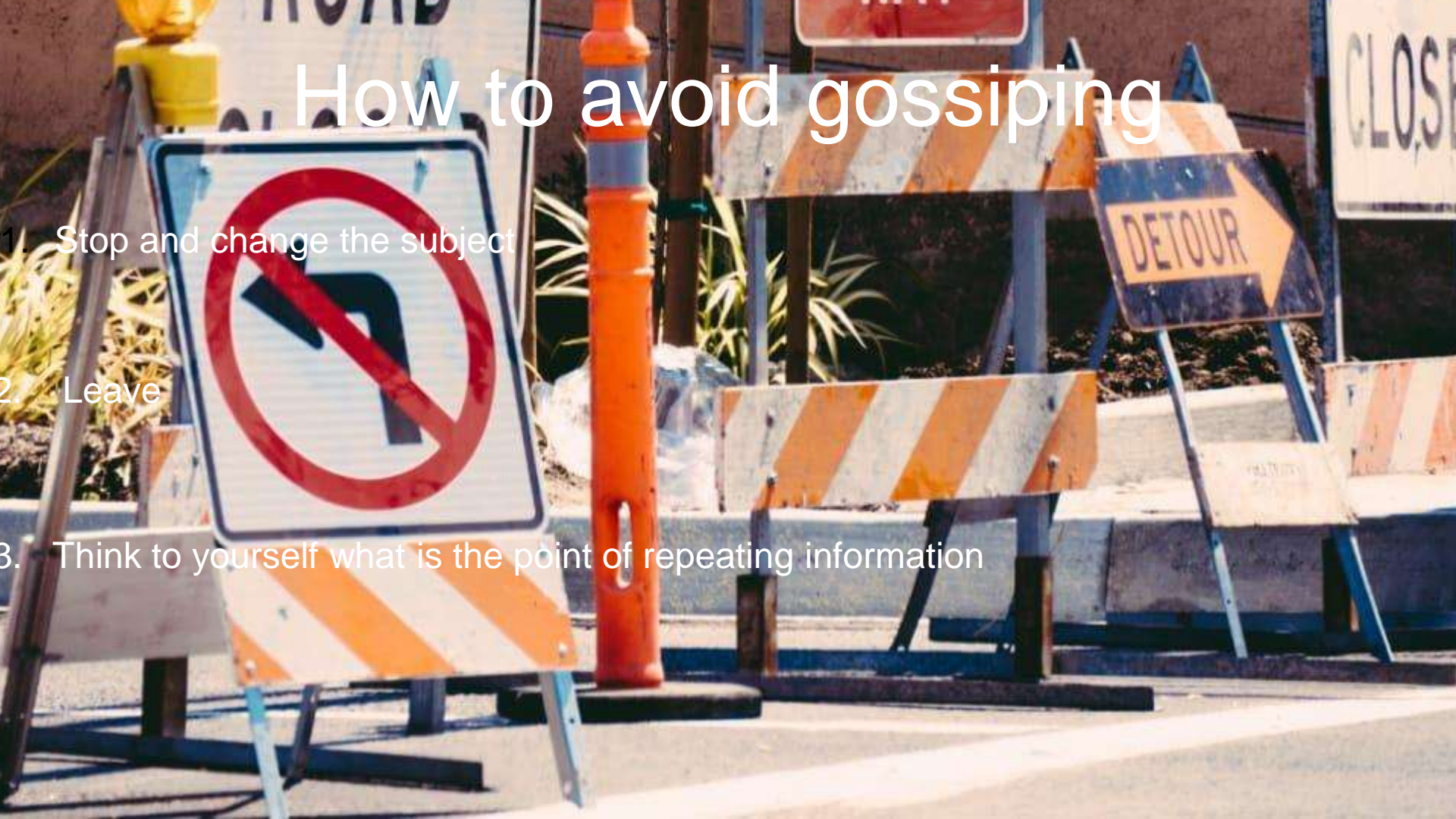
What the Bible says about gossiping

Proverbs 20:19 , 11:13

- Proverbs 16:27
- Leviticus 19:16

How to avoid gossiping

1. Stop and change the subject
2. Leave
3. Think to yourself what is the point of repeating information



A photograph of two women in an office environment. The woman on the left is seen in profile, wearing a dark blue top. The woman on the right is facing her, wearing a white sleeveless top with a black collar and a gold earring. She is pointing her right index finger towards a laptop screen. The background features a black grid pattern and a white pot on a shelf. The word "Criticism" is overlaid in white text in the center of the image.

Criticism

An aerial photograph of a beach, split vertically by a thin wooden post. The top half of the image shows the dark green ocean with white foam from waves breaking onto the shore. The bottom half shows the golden-brown sand of the beach. The text is overlaid on the image in white, sans-serif font.

Are you open to criticism?

Do you think it is okay to criticize or judge people?

Have you ever been criticized by people? Or have you criticized people? (Describe this encounter)

What the Bible says about criticism

- 1 Corinthians 4:5

- Romans 14:10-13



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1. Know that anything worth doing attracts admiration and criticism
 2. Aristotle said, "There's only one way to avoid criticism: do nothing, say nothing, and be nothing."
 3. Remember Matthew 7:1

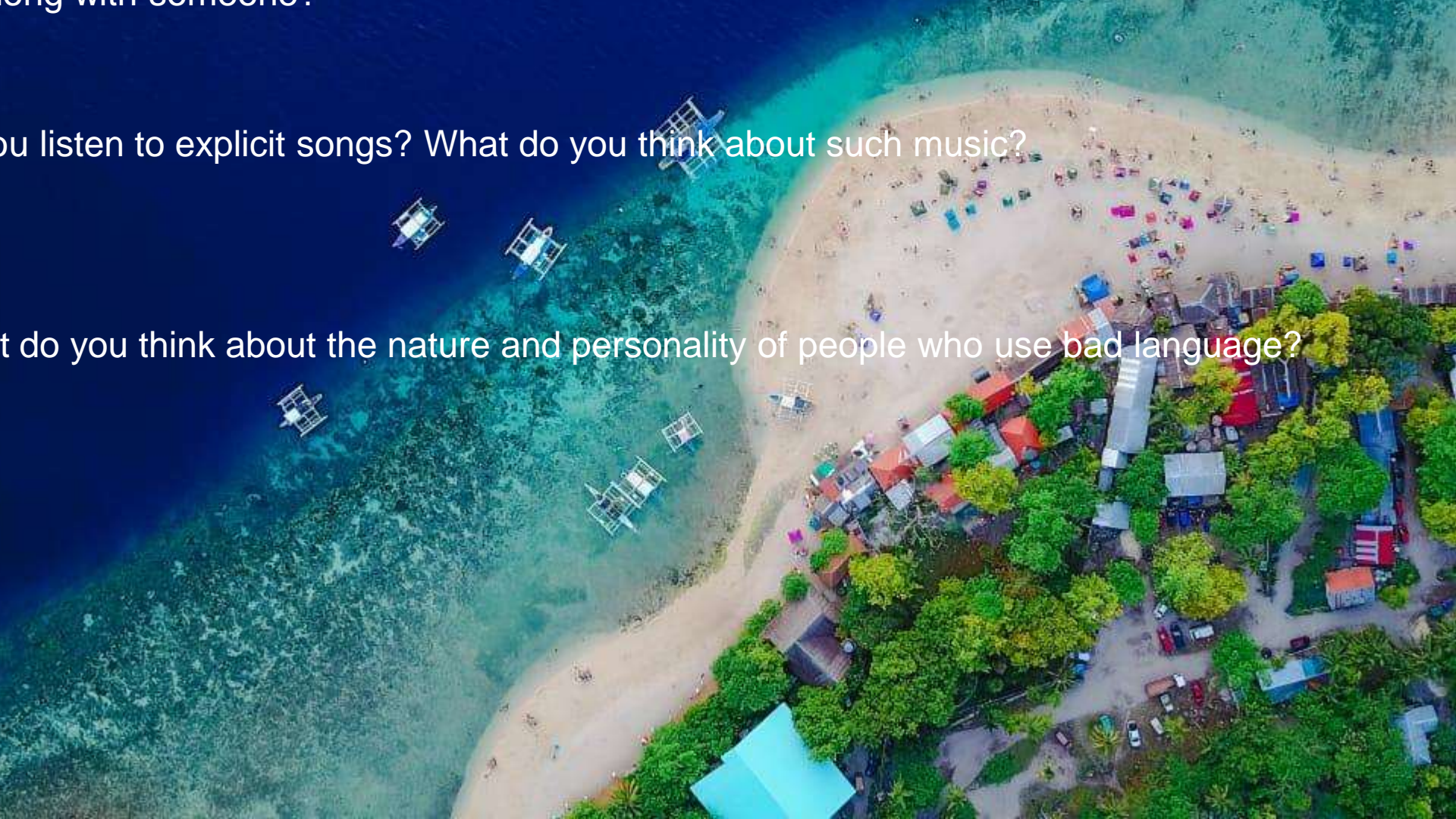


Cursing

ong with someone.

ou listen to explicit songs? What do you think about such music?

t do you think about the nature and personality of people who use bad language?



6 We have sinned with you
7 One father in heaven
8 Nevertheless he rebelleth
9 He refused the King also
26 Thou art the God
27 These wait all for thee
28 Thou givest them
29 Thou art the God
20 Thou hidest thy face
7 He hath rebuked
8 He hath rebuked

● Colossians 3:7,8

Ho above
11 The word of the Lord
12 The word of the Lord

● Proverbs 4:24

● Ephesians 4:1

BOOK V
1 Let the heart be instructed
2 And let the heart be instructed
3 From the east and from the west
4 From the north and from the south

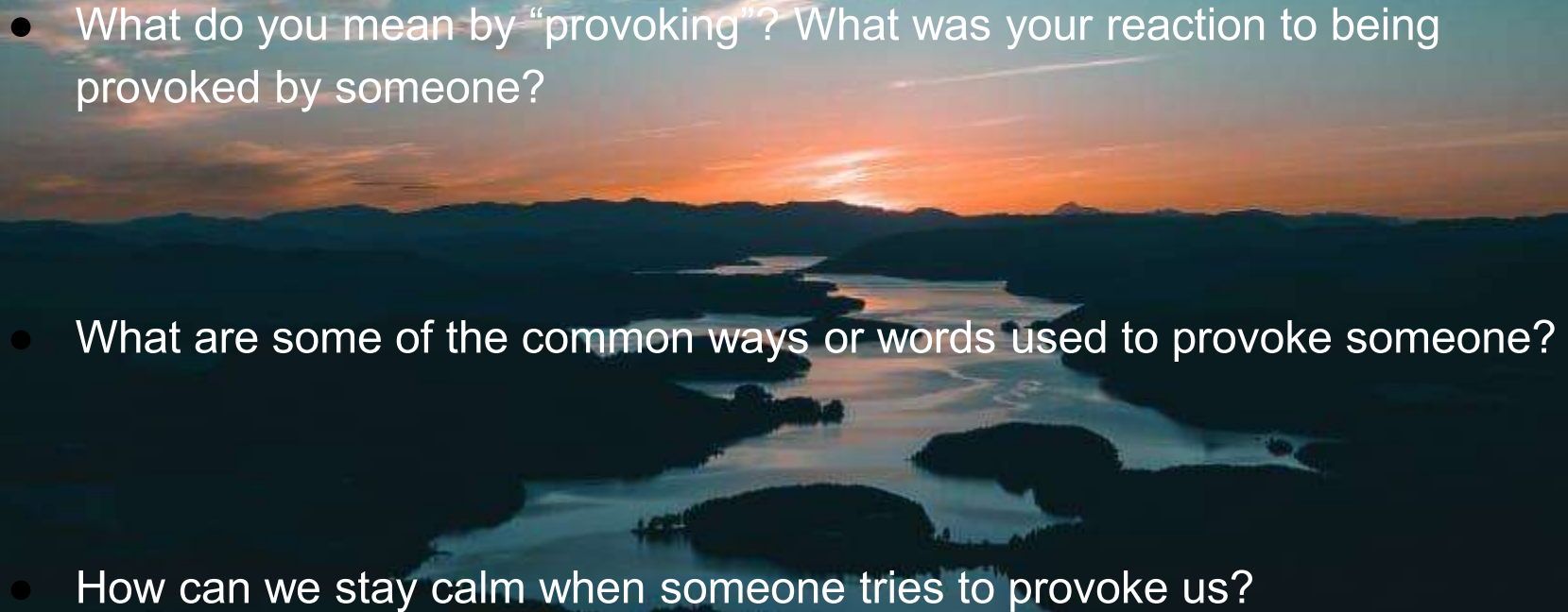


How to avoid cursing


1. Think of this acronym “WWJD”(it stands for what would Jesus do).
2. Realize why you need to stop
3. You can have a swear jar (it requires self-honesty)

A photograph of a man and a woman in a kitchen. The man, on the left, is wearing a grey hoodie and has his hands behind his head, looking away with a frustrated expression. The woman, on the right, has long blonde hair and is wearing a plaid shirt; she is leaning over a breakfast table, looking at the man with an angry, shouting expression. The table is set with a glass of orange juice, a brown mug, a water bottle, and a bowl of fruit. The word "Provoking" is overlaid in the center of the image.

Provoking

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- An aerial photograph of a large lake with several islands, set against a sunset sky with orange and blue hues. The mountains in the background are silhouetted against the bright horizon.
- What do you mean by “provoking”? What was your reaction to being provoked by someone?
 - What are some of the common ways or words used to provoke someone?
 - How can we stay calm when someone tries to provoke us?

What the Bible says about provoking



- 1 Samuel 1:6 ,2:5
- Ephesians 6:4

How to avoid getting provoked

1. Remember Proverbs 29:11

2. Remember the provoker's motive is to enrage you and cause you to express a specific emotion



3. Back away ,drink water and count to 5 or let out your stress by playing a sport or running



Grumbling

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- Think about the last time you ever grumbled about something (big or small)
 - Who do you think is the first complainer in the Bible? What do you think he complained about?
 - Why do you think we don't consider grumbling as a big sin?

What the Bible says about grumbling

1 Corinthians 10:40

● Philippians 2:14

● 1 Peter 4:9

19 But you, O Lord, do not be far off!
O your mercy, come quickly to my aid!
20 Deliver my soul from the sword,
my precious life from the power of the dog!
21 Save me from the mouth of the lion!
You have rescued me from the horns of the wild oxen!
22 I will tell of your name to my brothers,
in the midst of the congregation I will praise you.
You who fear the Lord, praise him!
All your offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel!
For he has not despised or abhorred the affliction of the afflicted,
and he has not hidden his face from him,
but has heard, when he cried to him.
23 From you comes my praise in the great congregation,
my vows I will perform before those who fear him.
24 The afflicted shall eat and be satisfied,
those who seek him shall praise the Lord!
May your heart live forever!
25 All the ends of the earth shall remember and turn to the Lord,
and all the families of the nations shall worship before you.
26 For kingdom belongs to the Lord,
and he rules over the nations.
27 All the propulsion of the earth and worship.

23 The Lord is my shepherd, I shall not want.
24 He makes me lie down in green pastures,
he leads me beside still waters,
25 he restores my soul.
26 He leads me in the paths of righteousness for his name's sake.
27 Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me,
your rod and your staff, they comfort me.
28 You prepare a table before me in the presence of my enemies,
you anoint my head with oil,
my cup overflows.
29 Surely your goodness and mercy shall follow me,
all the days of my life,
and I shall dwell in the house of the Lord forever.
The Key of Glory
24 A Psalm of David.
The earth is the Lord's and the fullness thereof,
the world and those who dwell therein,
for he has founded it upon the seas,
and established it upon the rivers.
25 Who shall ascend the hill of the Lord?
And who shall stand in his holy place?
26 He who has clean hands and a pure heart,
who does not lift up his soul to what is false,
and does not swear deceitfully.

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How to avoid grumbling

1. Realise that complaining gets you nowhere
2. Focus on the positive side ,and think about all the blessings you have received from God
3. Realise that the world is not perfect
4. Stop judging others-even yourself and practice gratitude

A female comedian with her hair in a bun, wearing a light-colored denim jacket, black leggings, and black boots, stands on a stage. She is holding a microphone in her right hand and gesturing with her left hand. A wooden stool is positioned in front of her. The background is dark with an audience seated in the shadows.

Coarse joking

- What do you mean by “coarse joking”?



What the Bible says about coarse joking

- Ephesians 5:4

- Proverbs 26:18-19

How to avoid coarse joking

1. Admit the problem and pray for your problem (if it is difficult to solve your problem ,it is advised to join a prayer group and be around similar people who are undergoing the same struggle and you can share your stories and pray)
2. Decide to be like Jesus (Luke 4:22)
3. If it is necessary ,limit the amount of time you spend around people who make filthy jokes



Any questions?

A landscape photograph of rolling hills at sunset. The sky is a gradient of colors from deep blue at the top to bright orange and yellow near the horizon. The hills are silhouetted against the bright sky. The text "Your takeaway" is centered in the upper half of the image.

Your takeaway



The End
Thank you