

Me and My Big Mouth

Part 2: I Am Sorry
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INTRODUCTION

Like a small spark that has the potential to scorch an entire green forest, our tongues are untamable, with the power to control our whole bodies. We have a tool that can be used to build up those around us or tear them down in just a few words. What do we do with that kind of power? We can't lock it away. But we can, by God's grace, learn to control it.

DISCUSSION QUESTIONS

1. Think of an example of someone who famously lost control of their mouth. What's your perception of that person? What consequences do you assume they faced?
2. Who has significantly impacted your life with their words? Discuss why it's easier to remember the harsh words of those who hurt you than the kind words of those who encouraged you.
3. Read James 3:2–12. List together the images that James paints of the power of the tongue. Which of these comparisons do you identify with the most?
4. In which relationship do you most often find yourself losing control of your mouth? Have you faced any relational consequences as a result?
5. It can be hard to come to grips with how powerful our words can be. It helps to have a clear plan on how to respond when you're faced with losing control. In which of the following areas below do you need the most help? How can this group help you?

Remember:

You are powerful because your words are powerful.

Apologize:

When your words hurt, apologize.

A meaningful apology communicates the three R's and a T:

- Regret
- Responsibility
- Remedy
- Time

MOVING FORWARD

We are powerful because our words are powerful. Our mouths have more destructive power than any other part of the body. The good news is that we also have the power to avoid the consequences of an untamed tongue if we choose to take James' wisdom to heart and remember and apologize.

WEEKLY READING

Read James 3:2-12. Try to memorize the image you identified with most by reading it every day this week. Repeat it and recall it when you feel like you're about to lose control of your tongue.