



Cell Notes

Watch your tongue!

James 3:1-10, Luke 6:43-45, Ephesians 4:17-32, Colossians 3:1-11

The tongue (what we say) is a very powerful force for good or evil. Why do we so often speak without thinking or say things that wound and hurt?

'Out of the overflow of the heart, the mouth speaks.'

As followers of Jesus our priority is to get rid of the bad things that fill our hearts and so allow God's Spirit to fill us with good things. But how?

God has a remedy for each of our problems:

For hurt there is comfort; for anger there is forgiveness, for fear there is perfect love, for guilt there is confession, for condemnation there is God's truth (there is no condemnation to those who are in Jesus).

'Put off falsehood and speak truthfully' (Ephesians 4:25) is primarily about being honest with each other, about not wearing masks or pretending we're something we're not. It's about sharing who we really are and helping each other to get rid of bitterness, rage and anger, brawling and slander and every form of malice. (Ephesians 4:31-32) The motivation in speaking the truth must always be love (Ephesians 4:15) so that we will build one another up (Ephesians

Welcome Worship Word Wind Witness
watch your tongue

Some questions to inspire and challenge:

Are you able to hold your own counsel or do you tend to open your mouth to change feet!?

Why do we not always tell people what's going on in our lives?

Can we speak the truth without love?

Can we love without speaking the truth?

Does Luke 6:43-45 ring true in your experience?

What is in your heart (or emotional cup) at the moment?

What could help?



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