

12 WAYS TO TAME THE TONGUE

James Fraser of Brea (1639-1698) was originally from the Black Isle, Ross-shire. He was imprisoned on the Bass Rock for 'illegal' field preaching but survived the times of persecution.

1. SPEAK NO SIN

Speak nothing sinful. For example avoid lying, swearing, cursing, scolding and backbiting. Avoid saying anything that may dishonor God or wrong your neighbor (Psalm 34:13).

2. SPEAK TO EDIFY

Do not speak idle words that do not profit or edify. These includes frothy words, foolish talking and jesting. Rather let your words be seasoned with grace, as with salt (Ephesians 5:4; Matthew 12:36).

3. SPEAK SPARINGLY

Do not speak much; be sparing in discourse. Be "slow to speak" (James 1:19). There is sin "in the multitude of words" (Proverbs 10:19).

4. SPEAK WITH RESTRAINT

Speak soberly both in what you say and how you say it. It is said about the prostitute that "she is loud and clamorous" (Proverbs 7:11). Some are said to "speak great swelling words" (Jude 16). This is contrary to Christ whose voice was not heard "in the streets" (Matthew 12:19). A meek, quiet spirit is calm in words. Speaking in a loud, violent, earnest way is evidence of a proud, disordered and unmortified heart.

5. SPEAK WITHOUT HASTE

Do not speak rashly or hastily. Do not be impetuous in speaking. Take due consideration before you speak. Do not come out with everything you think of. The heart of the righteous thinks carefully before answering (Proverbs 15:28).

6. SPEAK REVERENTLY

Speak with weighty seriousness, reverently and gravely especially in religious conversation. Christ spoke "as one having authority" (Matthew 7:29). What we say and how we say it, should reveal that we "have been with Jesus" (Acts 4:13). Do not be superficial or careless.

7. SPEAK IN FAITH

"I believed, and therefore have I spoken" (2 Corinthians 4:13; Psalm 116:10). It is wrong to speak of things which we neither know nor believe. Uncertainties are not fit material to speak about: we should declare "that which we have seen and heard" (1 John 1:3).

8. SPEAK PRAYERFULLY

In speaking, it would be good to be looking up in prayer to God in heart saying "O Lord, pardon" as though we had spoken amiss. When you are called to speak pray, "O Lord, open my mouth, and help me to know what to say and give a word in season". Seek a blessing, "Lord, bless what I am to say to my neighbor". This is what Nehemiah did (Nehemiah 2:4).

9. SPEAKING WISELY

Speak wisely and in a way pertinent to the time, people and intended purpose. This is called "speaking words in season." "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another" (Colossians 3:16).

10. SPEAK IN FEAR

It would be good to always have a bridle in the mouth so that no word could get out without permission (Psalm 39:1). It was bad to say "Our lips are our own, who is Lord over us?" (Psalm 12:4). As there is eating without fear, so there is speaking without fear.

11. SPEAK WITH KINDNESS

Do not let your neighbor's faults be the subject of your talk, even though it may be true. We are not to backbite with our tongue (Psalm 15:3). Show your neighbor himself his faults, not others.

12. SPEAK WITHOUT SELF-PRAISE

Do not speak of yourself or your own worth. Let someone else do it, not your own mouth, either directly or indirectly (Proverbs 27:2). Let your actions (rather than your lips) praise you. A proud heart hunts for the esteem of others by speaking about its own actions.

<https://www.reformationscotland.org/2018/02/01/12-ways-to-tame-the-tongue/>

True Faith Works **Taming the Tongue** *James 3:1-12*

Sermon Notes – October 27, 2019

- I. Small but _____ (James 3:1-6)
 - a. Dangerous to _____
 - b. Dangerously sets _____
 - c. Dangerous life _____
- II. A _____ little thing (James 3:7-8)
 - a. Untamable by _____
 - b. Restless evil _____
- III. The tamed tongue _____ ... (James 3:9-12)
 - a. Blessings and curses?
 - b. The Spring of your _____