

WorshipLife Study Series
“Mouthwash”
Session 2: Guard Your Grill

If there is a single area of physical discipleship that seems to be most challenging, it would have to be our language. “Taming” our tongues can prove to be one of the most difficult things to do (James 3:8). Especially when we are called by Christ to practice a new way of talking after years of growing accustomed to how we have been trained to talk by our culture. Whether it is learning how to respond in a godly manner or simply being encouraging to other people, it is definitely a place where transition must be intentional. This session of the study is designed to help us re-examine the words that we use and discover the necessity and method to filter our language so that we are not allowing destructive language to proceed from our mouths.

Prohibit Damaging Language

In Ephesians 4:29, Paul first mentions “corrupt” (lit. “rotten”) language. This points to the fact that our words can become infected with sin to the extent that they become rotten and unable to be used for any good. This same Greek word is used of fish that are thrown away in Matthew 13:48. This implies that there are some words not worth holding on to. We are instructed to not let these words “proceed from” (lit. “come out of”) our mouths. As Christians, we need to filter our language so that some words don’t make their way out of our lips (James 3:10). This not only includes what we speak to others; but more importantly, what we speak to ourselves. **Everything that pops up in your mind doesn’t need to proceed from your mouth.** Are there words that you are using that do more to infect your life and/or the lives of others than positively impact it? Which words or statements are they?

The Benefits of Preventing Ungodly Language

The scriptures are very clear in urging us to be careful with the language that we use. However, such a discipline is not the easiest thing to obtain (James 3:7-8). There must be a resolve to address any language that doesn’t bring health, hope and healing (Psalm 52:2-4). If we are not careful, we will allow our language to position us operate in ungodliness (James 3:6). Therefore, we have to learn to desire to possess language that reflects the purity and character of Jesus Christ. When we learn to be intentional about not allowing everything that our flesh wants to say to be spoken, it not only changes our language, but also our lifestyles.

The bible gives several truths that are directly connected to guarding our language:

1. The discipline of the tongue leads to a longer life and good days (Psalm 37:12-13)
2. When we can control our language, we can keep our souls from certain troubles (Proverbs 21:23)

3. Our tongue shows the authenticity of our religion (James 1:26)
4. Keeping our tongue in check, prevents our lives from experiencing certain destruction (Proverbs 13:3)
5. If we have the spiritual maturity to control our tongues, we can control our entire bodies (James 3:2)

Cleaning Your Conversation

Now that we see the benefits, the question is, “How do I get from a corrupted dialogue to a Christian dialogue?” As mentioned earlier, this must be a very intentional and committed stewardship of language. We must consider several methods:

1. Confess the past ungodly use of your mouth and invite the Lord to cleanse/forgive the past sins of your language (Isaiah 6:5-7; 1 John 1:9)
2. Ask the Lord to guard your mouth (read Psalm 141:3)
3. Pray that the Lord will remove specific ungodly practices from your language (Psalm 120:2)
4. Remove ourselves from regular fellowship with people that are committed to speaking with language that doesn’t honor the Lord (Psalm 101:7)
5. Make a commitment to not use ungodly and unhealthy language and give the Holy Spirit permission to control your mouth (Psalm 39:1; Galatians 5:16-17)

Strategic Plan: Example: *Lock on the gate*. Our neighbors never worried about their dogs getting loose and hurting the children in the front yard because they were intentional about placing a lock on the gate of the back yard where the dog was. Which of the following statements are you willing to adopt this week as a daily affirmation?

“Lord, please guard my mouth today.”

“Lord, grant me the grace to be more aware of what I say today.”

“Lord, help me to see how my words will infect or inspire others before I speak them.”

Choose one to be a part of your daily prayer.