



## Discovery Card - Controlling the Tongue

The Bible has a lot to say about the power of our words. As you read these passages each day, ask that the Holy Spirit will show you the condition of your own heart and the fruit of the words you daily use!!

### Daily Readings.

**Day 1** - James 1 v 12 - 20

**Day 3** - Proverbs 15 v 1 - Proverbs 16 v 3

**Day 5** - 1 Peter 3 v 8 - 12

**Day 7** - 2 Timothy 3 v 1 - 9 Write down anything you have learnt, or are not sure of, from these readings and share with the group next week.

**Day 2** - Colossians 3 v 1- 10

**Day 4** - Ecclesiastes 5 v 1 - 7

**Day 6** - Titus 3 v 9 - 11

### Helpful Hints

Here are some important guidelines to help you grow in using words in a godly way!!

- 1) Cultivate a practice of positive words that build people up and encourage them. It is possible to watch what you say and relearn to use positive words in your daily life.
- 2) The Holy Spirit gives us self control, so **THINK** before hurtful words come pouring out.
- 3) Give permission for a stronger Christian to help you monitor your word life.
- 4) Do not let the sun go down while still angry. Forgive the person before anger becomes unforgiveness



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