

UnCommon Sense

“Speech Therapy”

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- Controlling my speech is the hardest thing to do
(James 3:2-5, pg 736 in SCC Bibles)
- I can't control my speech by myself
- I need God's wisdom to help my speech

Taming the Tongue (Proverbs 10-15)

God wants our words to...

- Be Beneficial to myself and others
- Be honest
- Be Gentle
- Provide Guidance
- Be Well-Chosen

Biting my Tongue

- Evaluate where you are now
- Invest time with God
- Seek out Good Advice
- Develop Filter Questions
 - Is it True?
 - Is it Necessary?
 - Is it Kind?
 - Is it helpful?

Going Deeper...

For discussion or personal study

UnCommon Sense

“Speech Therapy” – part 2 of 5

Questions

1. Why is controlling our speech so difficult?
2. Who do I know that seems to control their speech well?
What makes them so good at it?
3. How has my speech affected others in a negative or positive way recently?
4. What area of speech do I struggle with most? Gossip? Lying? Arguing? Something Else?
5. When are the times where I struggle most to control my speech?
6. When are the times where I struggle the least to control my speech?

Scripture

Read Proverbs 10:19-21 and Proverbs 15:1-7

1. List all the things wise speech can do. Which is the most appealing to me?
2. How can too much talk lead to sin?
3. How do I balance gentleness with honesty?

Application

- Which area(s) of wise speech do I need to work on?
- How am I going to begin working on these today?