

# GUARD

## WATCH YOUR MOUTH




A TEACH & PLAY LESSON · GUARD YOUR TONGUE · JAMES 3 · MATTHEW 12:34

"Out of the abundance of the heart the **mouth** speaks." — Matthew 12:34

"Set a guard, O LORD, over my mouth..." — Psalm 141:3

The game was loud. This part is just for you. Be honest — no one else reads this.

### 1. Right now, the words that come out of me are mostly... (circle one)

-  TEAR DOWN — I cut, complain, or talk carelessly more than I'd like
-  BUILD UP — what I say tends to give people grace
-  HONESTLY, A MIX

### 2. The "bad language" habit I most need God's help with is... (check any)

- Cussing / crude jokes    God's name as a throwaway
- Gossip    Lying
- Cutting people down    Complaining

### 3. My tongue gets me in trouble first when... (check any)

- I'm in the group chat    I'm angry
- I'm trying to get a laugh    I'm with certain friends

### 4. The mouth shows the heart (Matt. 12:34). One thing in my "tank" I want God to clean out is...

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### 5. Tonight, the thing I want to say "yes" to is... (circle)

- ▶ Giving Jesus my heart for the first time — the real source
- ▶ Asking the Holy Spirit to help me change what comes out of me (Luke 11:13)
- ▶ Both

### 6. My prayer, in my own words:

"God — set a guard over my mouth. I can't tame my tongue on my own. Clean my heart, and let what comes out of me build people up instead of tearing them down. Help me think twice and speak once. I say yes."

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Think twice, speak once. (Proverbs 10:19)