

RISE Part 2 – Week 4

How to Tame Your Tongue

(Female Edition)



By Pastor Jane Evans – March 2022

PRAY and ask God to help you as a group and individuals to embrace honest self-evaluation that comes from looking into the Word of God.

Do you know the difference between discernment and judgment?

God warns that anyone who judges will be judged himself.

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged and the measure you use, it will be measured to you.”
(Matthew 7:21, NIV)

DISCERNMENT DEFINED

Even though the Bible warns us about not judging, it does encourage us to be **discerning**. The following Greek verbs describe the scope of discernment:

1. **ανακρίνω** (ah-nah-KRIH-noe) to ask questions, to examine; to evaluate, to scrutinize, to investigate; to search out
2. **διακρίνω** (dee-ah-KRIH-noe) to make a distinction between persons, to weigh thoroughly each part
3. **δοκιμάζω** (daw-kih AH-dzoe) to test, to examine; to interpret, to discover; to approve; to prove, to demonstrate
4. **πειράζω** (pay-RAH-dzoe) to assay, to examine; to prove, to try JUDGMENT

This Greek verb is used in Scripture to describe the scope and action of judgment:

κρίνω (KRIH-noe): to pass judgment on, to sentence; to mentally or judicially condemn; to conclude, to decide, to determine

SIX BASIC INDICATORS THAT EXPOSE A JUDGMENTAL SPIRIT

1. If someone's failure improves the opinion I have of myself, I am judging.
2. If their failure decreases my concern for the faults I know I have, I am judging.
3. If their failure gives me a desire to see that they are punished, I am judging.
4. If I am eager to tell others about their failure, I am judging.
5. If their failure prompts me to review their past failures, I am judging.
6. If their failure causes me to feel that I cannot forgive them, I am judging.

BASIC FACTORS OF DISCERNMENT VS. JUDGMENTAL SPIRIT

1. **A person who DISCERNS will thoroughly examine themselves before evaluating the actions of others.**

"Each one should test their own actions..." (Galatians 6:4, NIV)

"...you should examine yourself..." (I Corinthians 11:28, NLT)

"For if we would judge ourselves, we would not be judged." (1 Corinthians 11:31 NKJV)

"Examine yourselves... test yourselves..." (2 Corinthians 13:5, NLT)

- 2. A person who JUDGES will condemn others for their visible problems, but will fail to realize that their attitudes stem from root problems, which they themselves have not yet overcome.**

"You, therefore, have no excuse, you who pass judgment [kpivo] on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things." (Romans 2:1, NIV)

"You, then, why do you judge (kpivo) your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat." (Romans 14:10, NIV)

"You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." (Matthew 7:5, NIV)

- 3. A person who DISCERNs will check the accuracy of all the facts, and related factors, before reaching a conclusion.**

"Test all things; hold fast what is good." (1 Thessalonians 5:21, KJV)

"Dear friends, do not believe every spirit, but test [dokiuáčo] the spirits to see whether they are from God..." (1 John 4:1, NIV)

- 4. A person who JUDGES will form opinions based on first impressions or hearsay, and then they will look for evidence to confirm their opinions, even though the evidence may be out of context.**

"Stop judging by mere appearances, but instead judge correctly." (John 7:24, NIV)

"Does our law judge a man before it hears him...?" (John 7:51, NKJV)

"Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it..." (James 4:11, NIV)

5. **A person who DISCERNs will deal as privately as possible with the problem they see.**

"...Is it possible that there is nobody among you wise enough to judge [dlakpivo] a dispute between believers? But instead, one brother takes another to court—and this in front of unbelievers!" (1 Corinthians 6:5-6, NIV)

6. **A person who JUDGES will publicly expose those whom they condemn.**

This may cause others to condemn them for having the same root problem, such as pride, lack of love, or a critical spirit.

"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven" (Luke 6:37, NIV)

7. **A DISCERNING Christian is one who detects a fault in another and is able to give clear advice and direction for victory based on the principles of God's Word, and their own application of them. On this basis they are able to restore an offending brother rather than reject him.**

"Brothers and sisters, if someone is caught in sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted." (Galatians 6:1, NIV)

HOW A JUDGMENTAL SPIRIT REVEALS OUR SINS

"You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things." (Romans 2:1, NIV)

So often we are guilty of the same failures we see in others.



PERSONAL REFLECTION

- *Am I guilty of the same sin?*
 - *Do I have a temporal, material focus and not an eternal one?*
 - *Do I have a need to feel others are weak to make myself feel stronger?*
 - *Do I have an unloving, unforgiving and rejecting attitude toward the one whom I am judging?*
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DO YOU KNOW THE DIFFERENCE BETWEEN REPROVING AND REVILING?

Reproving

Scripture associates exhorting with the action of reproof, rebuking or exhorting an offending believer. Together these three provide the necessary balance to approach a believer who needs correction.

- **Reprove:** to tell someone their fault, to admonish, to convince someone of their error; to give evidence; to convict
- **Rebuke:** to command, to charge, to order; to admonish (to scold, to reprimand)
- **Exhort:** to beg, to urge; to encourage, to request, to ask, to appeal to; to console, to comfort, to cheer up; to call to one side and urge to pursue a course of action

Reviling

The following describe the scope and action of the sin of reviling, or railing.

- **Revile:** to reproach, to denounce, to insult, to taunt, to chide; to speak evil of, to insult, to reproach, to vilify, to be abusive
- **Rail:** to vilify; to speak impiously; to defame; to speak evil

There is a major difference between reproof and reviling. Scripture tells us to reprove an offending believer, but some who believe they are reproofing are, in reality, reviling. Reviling is such a serious offense that a Christian who persists in doing it is to be totally avoided by other Christians. (See I Corinthians 5:11.)



DISCUSS

Talk about how you feel about what God's Word says.

Are you open as a person to being reproofed? Why or why not?

HOW TO TAME THE TONGUE

"The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell." (James 3:6, NIV)

1. Dedicate our hearts and our tongues to the Lord daily.

"Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my strength and my Redeemer." (Psalm 19:14, NKJV)

2. Put our hearts in tune with God's Spirit by reading his Word daily.

"I have hidden your word in my heart that I might not sin against you." (Psalm 119:11, NLT)

3. Assume responsibility for every word we speak.

"I tell you, on the day of judgment people will give account for every careless word they speak..." (Matthew 12:36, ESV)

4. Ask those around us which words we use that are offensive.

"As iron sharpens iron, so a friend sharpens a friend." (Proverbs 27:17, NLT)

5. Commit ourselves to the purpose of giving a good report, and when necessary, follow Matthew 18.

"If your brother or sister sins, go and point out their fault, just between the two of you..." (Matthew 18:15, NIV)

6. Fulfill past promises and think carefully before making any new promises.

"...who keeps an oath even when it hurts, and does not change their mind..." (Psalm 15:4, NIV)

7. Ask forgiveness for any unloving words or attitudes.

"Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect..." (James 3:2, NLT)

8. Learn how to give words that will encourage, comfort, inspire, and edify.

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." (Colossians 4:6, NIV)



MEDITATE ON TWELVE “TONGUE TAMERS” AND MEMORIZE TWO OF THEM

The following verses are only a few of the many that deal with the tongue. By memorizing them, we will be building a "Scriptural guard" to check our words before we say them.

Check when memorized:

1. *"Those who guard their lips preserve their lives, but those who speak rashly will come to ruin."* (Proverbs 13:3, NIV)
2. *"There is more hope for a fool than for someone who speaks without thinking."* (Proverbs 29:20, NLT)
3. *"To answer before listening— that is folly and shame."* (Proverbs 18:13, NIV)
4. *"...on the day of judgment people will give account for every careless word they speak."* (Matthew 12:36, ESV)

5. *"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers"* (Ephesians 4:29, NKJV)
6. *"A person finds joy in giving an apt reply— and how good is a timely word!"* (Proverbs 15:23, NIV)
7. *"Those who guard their mouths and their tongues keep themselves from calamity."* (Proverbs 21:23, NIV)
8. *"A gentle answer deflects anger, but harsh words make tempers flare... Gentle words are a tree of life; a deceitful tongue crushes the spirit."* (Proverbs 15:1, 4 NLT)
9. *"Even fools are thought wise if they keep silent, and discerning if they hold their tongues."* (Proverbs 17:28, NIV)
10. *"The words of a gossip are like choice morsels; they go down to the inmost parts."* (Proverbs 18:8, NIV)
11. *"...If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies."* (1 Peter 3:10, NLT)
12. *"If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless."* (James 1:26, NLT)