

Series: Book of James
Taming the Tongue

Heavenly Father,

Help us and people in the world that still misuse their tongue by taming their tongue.

Help us and people in the world to stop using their tongue for gossip and negativity

Thank you to those people and disciples that have self-control to control their words on a daily basis.

Thank you to those people that do not sin and are always talking negatively about others and people in the world on a daily basis.

Thank you to those people that are appreciative of things that they get including homeless people and do not talk negatively about the things given to them even at homeless shelters.

Guide homeless men and women to tame their tongue.

Help me to pause and consider my words before we speak.

Grant me the wisdom to discern when to speak and when to remain silent.

Cleanse our hearts to righteousness

Help us release these harmful emotions and fill my heart with your love and grace.

Teach us to use my tongue to build up, encourage, and bless others.

Help us to speak words of truth, kindness, and compassion.

Strengthen our resolve to resist the temptation to gossip, complain, or speak ill of others.

Help us to cultivate a spirit of humility and gentleness.

Help us to reflect your image

Help us transform our tongue from a source of harm to a tool for your good

In Jesus name, Amen

It recognizes that words have significant power to build up or tear down, to heal or to wound. It emphasizes that careless or malicious speech can have lasting negative consequences. It stresses the importance of exercising restraint and discipline in what we say. It involves thinking before speaking and being mindful of the potential impact of our words. It promotes speaking truthfully, kindly, and constructively. It discourages harmful behaviors like gossip, slander, and excessive criticism. Often the concept of taming the tongue is closely tied to the idea that what is in the heart, will come out of the mouth. Therefore to change the way we speak, we must also examine and change our hearts. Many religious texts, such as the Bible (especially the book of James) and the teachings of various spiritual leaders, emphasize the importance of controlling the tongue. Philosophical traditions also highlight the value of virtuous speech and the dangers of uncontrolled language.

1. Practice awareness of our words and their effects.
2. Reducing or eliminating harmful speech patterns like swearing, complaining, and gossiping. My family members on my mother and stepfather's side of the family need to do this because they are always doing stuff like this when my sister and I were children around other families during family gatherings.
3. Intentionally using words to encourage, uplift, and build relationships.
4. Part of controlling one's tongue is also knowing when to not speak, and to listen to others.
5. Consider how your words affect those around you.
6. Ask yourself if your speech builds up or tears down.

7. Pause before responding, especially in heated or emotional situations.
8. Consider the potential consequences of your words.
9. Strive to use language that is kind, respectful, and truthful.
10. Avoid words that are hurtful, demeaning, or inflammatory.
11. Use your words to uplift and support others.
12. Express appreciation and gratitude.
13. Offer words of kindness and goodwill to those you encounter.
14. try to engage in positive and constructive conversations.
15. Recognize that your words often reflect your inner state.
16. Address any underlying anger, bitterness, or resentment.
17. Pray for God's help in controlling your tongue.
18. Seek guidance from spiritual mentors or resources.
19. Practice active listening and avoid interrupting.
20. Resolve conflicts with calm and respectful communication.
21. Avoid gossip and negativity.
22. Offer constructive feedback and praise.
23. Be mindful of your words in social media and online interactions.
24. Avoid cyberbullying and online arguments.

“In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire. And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself. People can tame all kinds of animals, birds, reptiles, and fish, but no one can tame the tongue. It is restless and evil, full of deadly poison. Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!”-James 3:5-10

This passage provides a powerful image of the tongue's potential for both good and evil. It compares the tongue to a small spark that can ignite a great fire, and it highlights the inconsistency of using the same tongue to bless God and curse people. The tongue's immense power, difficulty to control, importance of using words to build up rather than tear down, and the need for God's help in controlling our tongues. We need to pay close attention to the words you use throughout the day. We must notice patterns of negative speech, such as gossip, complaining, or harsh criticism. When I noticed that clients in the organization Passion Care in Baltimore use a lot of negative words and profanity while talking to others. Clients at Passion Care in Baltimore need to learn how to tame their tongue to control the words that come out of their mouth. The Director and Assistant Director do the same thing at Passion Care in Baltimore by not taming their tongue. It is always clients at Passion Care in Baltimore complaining and providing harsh criticism. Management, staff and clients at Passion Care in Baltimore need to be taming their tongue on a daily basis. Youth and children today need to be taming their tongue by stopping gossiping, complaining and providing harsh criticism about other people. The truth is youth and children do not know people like that on the streets and public to be criticizing them and gossiping. Youth and children do not know people like that to be gossiping about them and assuming stuff about them. Turn to the person next to you and say stop taming your tongue. I left New Jersey and decided that New Jersey was not the right environment for me to expand the congregation and do any homelessness outreach from the congregation. There are too many people in Trenton, New Jersey in particular that like to be taming their tongue on a daily basis.

Youth and children need to be respectful towards all people and respect their elders while in public. This will avoid them ending up at homeless shelters and kicked out of the house by family members. Youth and children need to stop taming their tongue in the household. Staff at Trenton Rescue Mission in Trenton, New Jersey tame their tongue on a daily basis with a lot of profanity and do not control their words that come out of their mouth. One of the staff members is a deacon there, but I do not believe that because he is too out there into the world using idolatry and sin to be called a deacon. Whoever ordained him need to be held accountable for his false ordination. I am speaking truthfully about it as a man of God and Bishop of this flock. Turn to the person on the other side of you and say stop taming your tongue. That's why a lot of violence, fighting, arguments and gossiping takes place among staff and homeless people at Trenton Rescue Mission in Trenton, New Jersey because there are too many people around others that do not know how to tame their tongue and be cautious of what comes out of their mouth. That's why so many homeless men and women at Trenton Rescue Mission have anger management problems and homeless shelters do not have the programs in place to help them address their anger management issues or refer them to another organization for treatment. It is like staff there do not care about people dealing with mental health, substance abuse and anger. It is another homeless guy at Trenton Rescue Mission that told another person he had been with his multi-racial girlfriend at the same shelter for three years. This person I am talking about has anger management issues because he just wants to be saying stuff to people with harsh criticism at the homeless and does not think his words do not have consequences. I can go back to think about times his actions and words had consequences, such as he started a fight with another client in the shelter for knocking the food out of his hand, arguing with people with harsh criticism thinking he knew everything. People like that need to shut up and need to find themselves while at the homeless shelter in Trenton. He has the devil all around him. That is a 100% fact as speaking from my truths as a man of God and Bishop of this flock. A married couple at Trenton Rescue Mission with black/African-American male and Caucasian is so toxic because he speaks profanity to her and catch a bad attitude with her, he speaks to her with really bad anger issues.

The passage emphasizes that the tongue, though a small part of the body, wields tremendous power. It compares it to a small spark that can ignite a massive forest fire, illustrating how seemingly insignificant words can have far-reaching and devastating consequences. This highlights that words are not merely fleeting sounds; they possess the potential to create or destroy. James describes the tongue as "a fire, a world of evil." This underscores its capacity for causing harm, spreading negativity, and corrupting individuals and relationships. It is described as being "full of deadly poison", which shows how hurtful words can be. A central point of the passage is the inherent contradiction in using the same tongue to praise God and to curse people, who are created in God's image. This inconsistency reveals the human struggle with controlling our speech and the need for greater self-discipline. James acknowledges the difficulty of controlling the tongue, stating that "no human being can tame the tongue." This highlights the need for divine assistance in mastering our speech. The text makes it clear that there is an ethical problem with using the same mouth to praise God and to curse man. This shows that our speech reflects our inner state.