

“The Words We Speak”  
FSM James Curriculum

As we approach taking a deeper look at the major themes in the book of James take a minute to let your entire group answer this question:

What is one compliment that you wish you received more often? Dig deeper than “you’re so pretty” or “you’re such a good athlete”.

The words we hear are powerful, they have the ability to lift us up and instill confidence and purpose or tear us down and bring insecurity and anxiety into our lives. At the same time we have the ability to bring life or death to those around us with the words we speak.

Read James 1:19-21

1. What does it mean to be quick to hear and slow to speak/anger?
2. How would being quick to hear and slow to speak impact your relationships?
3. How does slowness to speak reflect Christ to a lost world?

Read James 1:26-27

1. Have someone summarize these verses.
2. How do the words we speak affect our relationship with the Lord?
3. What is the connection between the words we speak and deceiving our hearts?

4. What are lies you tell yourself that affect your life, your relationships with others and your relationship with the Lord? (ex. Telling yourself you’re not good enough, telling yourself that no one likes you, telling yourself that you’re not worthy of love, etc.)

*\*Leader tip: this is a great opportunity to lead the way in vulnerability and be honest about the lies you tell yourself. Help your kids understand that the words they speak over others are just as important as the words they speak over themselves. Speak lies and you will believe lies, speak the truth of the word of God and you will believe truth.*

5. What is a truth you need to start speaking over yourself?

Read James 3:1-12

1. How have you seen the tongue be powerful for good in your life? How have you seen it be powerful for evil or destruction?
2. We have power over our speech, it serves us, we do not serve it, so what are practical things you can do to tame your tongue and speak life rather than death?

Closing: In order to speak good words over others, we must first believe two things:

1. That we are worthy of and secure in the identity that God has given us (we believe this by speaking truth over ourselves rather than lies).
2. That others are also worthy and that our words have weight.

Because of these two things spend some time in prayer, first declaring the truths of our identities, then praying that we would be the ones who speak the same value, identity and truth over others, instead of being another voice that is speaking lies, comparison and death.