

# PART 1-

At birth, we inherited our sinful nature from Adam. There is so much we cannot do on our own. None of us are capable of bridling our tongues without the help of the Holy Spirit in us. We are born with the natural desires of the flesh. Gossip, lies (yes, even the insignificant ones), negative talk, doubt, etc. come natural to us.

The way we speak says a lot about us. This is especially true for someone who thinks they do not "need" help and can manage what comes out of their mouths on their own.

I proclaim I am a Christian. A born-again believer. I have never thought about the fact that I NEEDED to really watch and filter what comes out of my mouth and put effort into doing so. This study has change my perspective immensely. Read the following Scripture. Sit back and let the words sink in REAL deep! It's not enough to "THINK" I am religious, I must ACT accordingly.

James 1: 26 (Write the verse in the spaces below.)

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Paraphrase James 3:1-12

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The instincts of an animal can be tamed through training. However, the sinful nature of man is beyond our control! It's a destructive power we cannot tame on our own! Dependence on oneself to bridle and tame the tongue is unreliable - we are incapable of restraining such a force. **Only** the Holy Spirit actively in us can tame, discipline and bridle our tongue.

James 3:7,8

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Have you ever had a situation when you didn't really mean to say what was spoken? Does it happen on a regular basis? Perhaps there is a sinful root that has gone unrepented an extensive amount of time and now the roots have spread and are revealing themselves?

Romans 7: 20

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If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless. Jam 1: 26

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