

# Harnessing the Tongue: Surviving Foot and Mouth Disease

## Surviving the Challenges of Life

*James 3:2-10*

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*We all make many mistakes, but those who control their tongues can also control themselves in every other way.* — James 3:2 NLT

### The Paradox

1. The tongue has power to direct where I go (vv. 3-4; Ps. 141:3-4).
2. The tongue can destroy what I have (vv. 5-8; Pr. 21:23 GN).
3. The tongue displays who I am (vv. 9-12; Ps. 1:1-3).
4. The tongue has power to declare blessing and curses (v. 11-12).
2. Develop a sensitivity to God's Holy Spirit (Eph. 4:29-30; Rom. 8:14).
3. Develop patience and prudence (James 1:19; Prov. 10:19).
4. Develop a positive mindset by reading God's written voice (Phil. 4:8-9).
5. Develop a dependency on God's Holy Helper (Ps. 141:3).

### The Solution

1. Drop all bitterness and offenses (Ez. 18:31; Eph. 4:31-32).

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