

February 1, 2026

## BE CAREFUL WHAT YOU SAY

James 3:2 We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect person, able to keep his whole body in check.

## WHY MUST I WATCH WHAT I SAY?

# Reasons:

### 1. MY TONGUE DIRECTS where I go. (vs. 3-4) P-1883

When we put bits in the mouths of horses...we can turn the whole animal. (vs. 3)

Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. (vs. 4)

### 2. MY TONGUE CAN DESTROY What I have. (vs. 5-8)

Consider what a great forest is set on fire by a small spark, The tongue is also a fire...(vs. 5)

"...it sets the whole course of his life on fire, and is itself on fire by hell. (vs. 6b)

Prov. 21:23 If you want to stay out of trouble be careful what you say!

All kinds of animals...have been tamed by man, but no man can tame the tongue. It is a restless evil, full of deadly poison. (vs.7-8)

### 3. MY TONGUE DISPLAYS Who I am. (vs. 9 & 10)

Out of the same mouth come praise and cursing. My brothers, this should not be. (vs. 10)

Can both fresh water and salt water flow from the same spring?...can a fig tree bear olives or a grapevine bear figs?

THE PROBLEM:

For out of the overflow of the heart the mouth speaks.  
Matt. 12:34

## WHAT'S THE SOLUTION?

### 1. Get a New Heart

Rid yourself of all the offenses you have committed and get a new heart and a new spirit! Ezekiel 18:31

### 2. Ask God for Help Everyday

Set a guard over your mouth, O Lord: keep watch over the door of my lips. Psalm 141:3

### 3. Listen to God

Everyone should be quick to listen, slow to speak, and slow to become angry. James 1:19