



TODAY'S MAIN POINT

When Jesus changes your heart, your mouth follows

TODAY'S BIBLE VERSE(S)

James 3:1-12

TEACHING GOAL

Students will recognize that their words—especially in conversations, group chats, and reputation environments—reveal what is shaping their hearts, and that Jesus transforms both what we say and why we say it.

This week students are talking about how their words reveal what's happening in their hearts. James teaches that following Jesus doesn't just change what we do—it changes how we speak about others, how we speak to others, and even how we speak about ourselves. Encourage students to think honestly about how their words affect people and how Jesus can help change what comes out of their mouths.

Let's Break the Ice:

- What is something kind that someone said to you recently that stuck with you?
- Why do words sometimes hurt more than we expect?

Bible Study:

- Read Together or ask someone to summarize the story: As a group, read James 3:1-12 NIV (*Telos Bible Pg. 1214*)

Discussion Questions:

- What are the three examples James uses to describe the power of the tongue? How does this help you understand how powerful our words are and how difficult it is to control what you say?
- According to James, what do our words show about what's happening inside of us?
- Why is it easy to say things we regret later?
- Which is most difficult for you: avoiding gossip, speaking kindly, or controlling sarcasm?
- How could James 3 apply to our small group time? How could controlling our mouths lead to a better and more productive small group time?

Make it Real:

- Is there a time recently when you said something that hurt someone, or could have hurt someone? What happened? What do you think the godly next step would be to help repair the damage your words may have caused? (*Leader note: Be prepared to meet your students with the truth of the Gospel here. Slow down and lean in*)

Discipleship Moment:

If there is a relationship where words have caused more harm than good, take an intentional step towards repairing that relationship. This could include:

- Asking God to forgive you and heal the person you hurt
- Asking God to help you forgive someone who hurt you even if they never apologize.
- Apologizing to a friend for something you said.
- Letting someone else know how their words have hurt you and offering to forgive them.

Partner Check-In: Pair students up and have them commit to checking in with their partner at some point during the week or during your next gathering.

Prayer:

- Close with group prayer
 - Take prayer requests
 - Celebrate what God has done over the last week