

November Bible Study Series

Avoiding Toxic Talk

Lesson One:

Sins of the Tongue (Part 1)

**“ The smarter you get, the
less you speak.”**

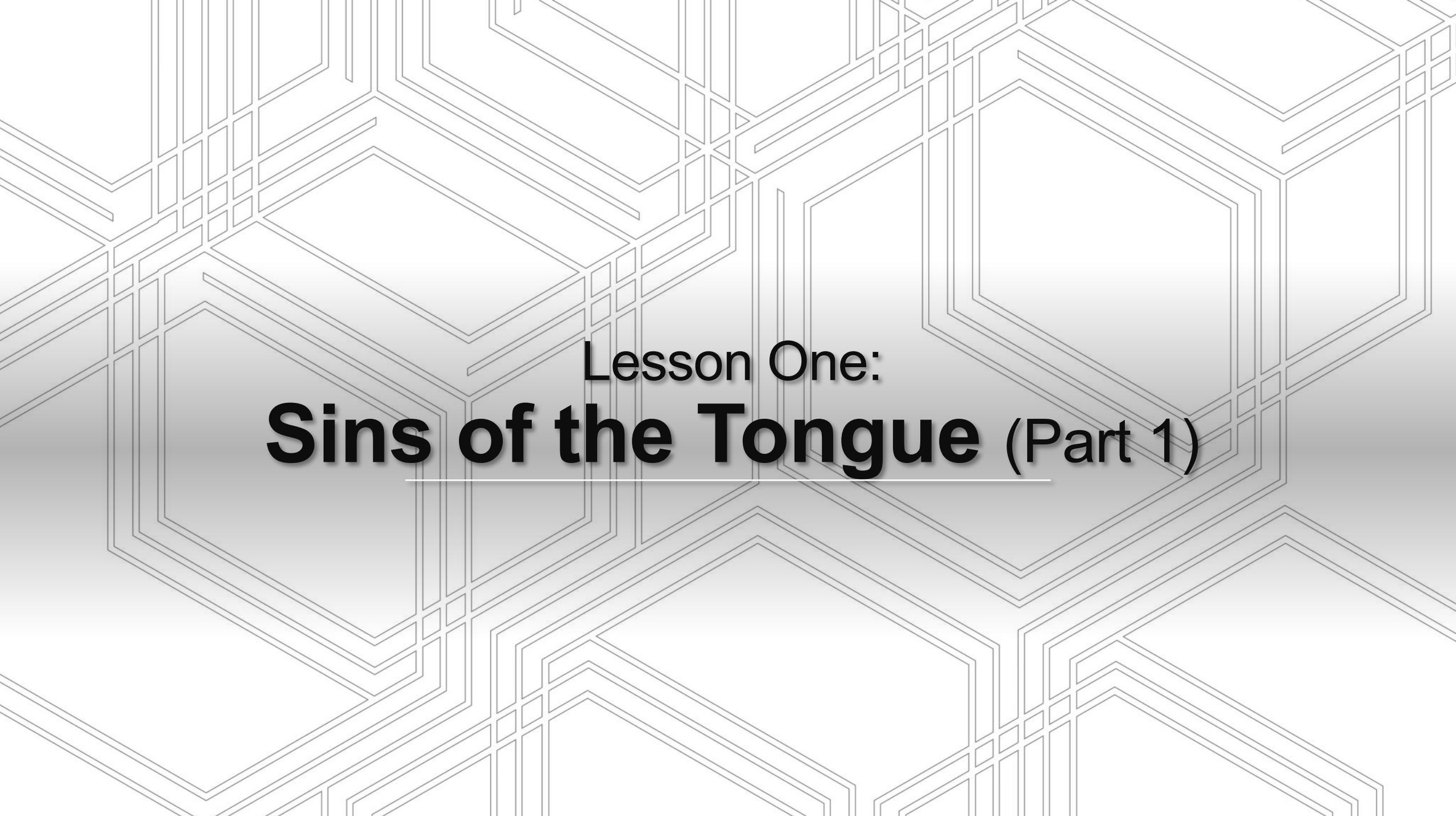
Proverbs 12:18, “There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing.”

WHAT IS A TOXIC TONGUE?

The word **toxic** means –
poisonous, dangerous, destructive,
harmful, fatal, deadly, lethal

What kind of tongue do you have?

James 3:8, But the tongue can
no man tame; it is an unruly
evil, full of deadly poison.



Lesson One:

Sins of the Tongue (Part 1)

1. The Bible Reveals that God Places a Strong Emphasis on the Sins of Speech.

Two of the Ten Commandments Refer to Sins of the Tongue:

1. The Third Commandment: Exodus 20:7, You shall not take the name of the Lord your God in vain, for the Lord will not leave him unpunished who takes His name in vain."

2. The Ninth Commandment: Exodus 20:16, "You shall not bear false witness against your neighbor."

A False Witness:

- A. One who testifies falsely against someone – Psalm 27:12
- B. One who gossips or causes trouble – Proverbs 6:19
- C. False teachers – I Corinthians 15:15

**2. Of the Seven Things God Hates,
THREE Have to do with the
Tongue.**

Proverbs 6:16-19, These six things the Lord hates,
Yes, seven are an abomination to Him: A proud
look, A lying tongue, Hands that shed innocent
blood, A heart that devises wicked plans, Feet that
are swift in running to evil, A false witness who
speaks lies, and One who sows discord among
brethren.

a. A Lying Tongue

“The truthful lip shall be established forever, but a lying tongue is but for a moment.” (Proverbs 12:19)

Acts 5:3-5, Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land? Didn't it belong to you before it was sold? And after it was sold, wasn't the money at your disposal?"

What made you think of doing such a thing? You have not lied just to human beings but to God." When Ananias heard this, he fell and died. And great fear seized all who heard what had happened.

b. A False Witness That Bears Lies.

“When words are many, transgression is not lacking, but whoever restrains his lips is prudent” (Proverbs 10:19)

c. He Who Sows Discord Among Brethren.

“One who sows discord among brethren.” (Proverbs 6:19)

Discord:

- Violates the unity of Believers (John 17)
- Disturbs the oneness of the Body (Ephesians 4:1-16)
- Destroys the badge of discipleship and the bond of love (John 13:34-35)

**“Let my heart be broken with the things that
break the heart of God.”**

**Discord among God’s people breaks His
heart. It should break our heart too.**

3. Words Reveal the Man.

Matthew 26:73, "Surely you also are one of them, for your speech betrays you."

Matthew 12:34, “For out of the abundance of the heart the mouth speaks.”

“If the words you spoke
appeared on your skin... would
you still be beautiful.”

Follow up Chat

1. “The smarter you get, the less you speak.”
2. Have you ever spoken in haste and anger and then later regretted what you allowed to roll off your tongue?
3. What are some situations that may occur that might cause you to speak reckless words?

-
4. Major issues inside the church usually start with something as simple as a rumor or with slander. Agree or disagree? Why?
 5. We should try to give our neighbors the best reputation possible, even if they are not worthy of it. Agree or disagree? Why?
 6. What kind of seeds produce a harvest of discord among brothers?

Homework

Share five moments when you should keep your mouth shut. Support each moment with a scripture.