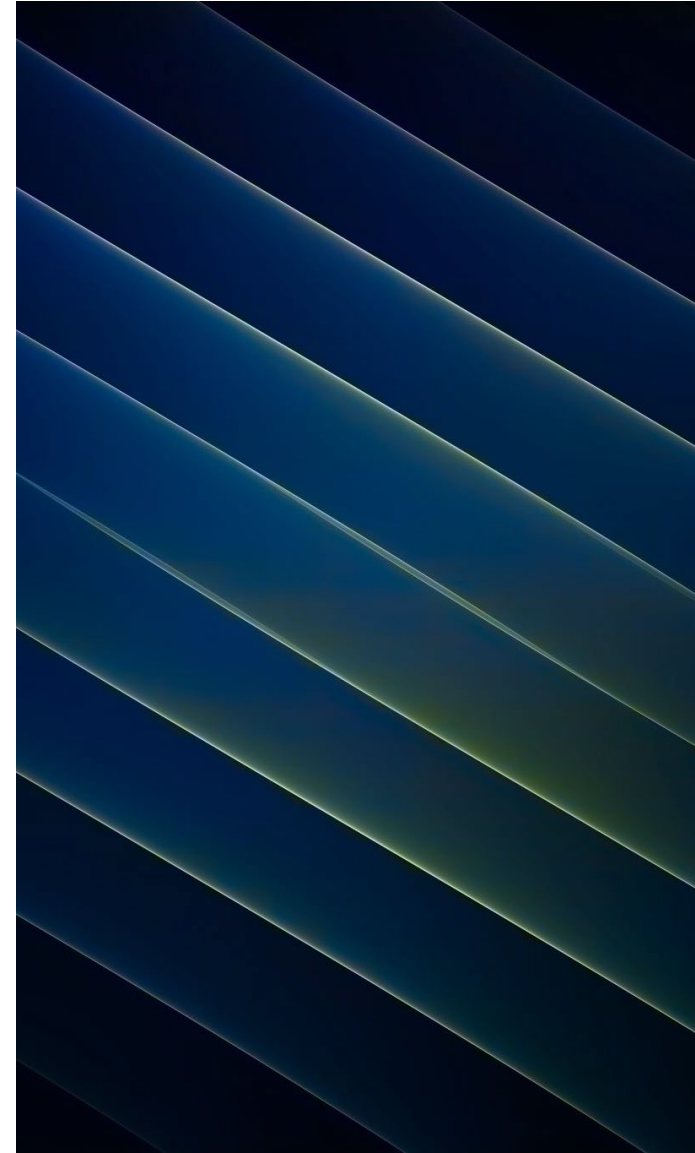


*A  
WHOLESOME  
TONGUE*

*December Bible Study Series*



# **Lesson Two: A Healthy Tongue**

**“A human slip more by his tongue than by his foot.”**

**WORDS**

# **Four Ways That You Can Draw People to Jesus:**

# **1. A Moth to a Light**

**John 8:12, “I am the light of the world. Whoever follows Me will not walk-in darkness but will have the Light of Life.**

**Matthew 5:14, We are the light of the world. A city set on a hill cannot be hidden.”**

## **2. Salt for Flavor**



**Matthew 5:13, “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet.”**

# **3. Love when Undeserved**

**John 4:19, He first loved us  
before we ever loved Him.**

# **4. Responding with Good**

**Luke 6:27-28, "But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.**

**Scripture Lesson:  
Proverbs 15:1-4  
A Healthy Tongue**

**Proverbs 15:1-4, A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise uses' knowledge rightly, But the mouth of fools pours forth foolishness. The eyes of the LORD *are* in every place, Keeping watch on the evil and the good. A wholesome tongue *is* a tree of life, but perverseness in it breaks the spirit.**

**“A SOFT ANSWER”**



**The Hebrew meaning for soft is "gentle, soft, tender". It is used of the "tender calf" that Abraham prepared as a meal for the visiting strangers (Gen 18:7): tender words, like tender meat, are easiest to receive.**

**We must learn to manage and  
adjust the volume of our speech.**

**Judges 8:1-3, Now the Ephraimites asked Gideon, "Why have you treated us like this? Why didn't you call us when you went to fight Midian?" And they challenged him vigorously. But he answered them, "What have I accomplished compared to you? Aren't the gleanings of Ephraim's grapes better than the full grape harvest of Abiezer? God gave Oreb and Zeeb, the Midianite leaders, into your hands. What was I able to do compared to you?" At this, their resentment against him subsided.**

**"Gentleness" (or "meekness")  
is the quality that trusts God to  
do the work of changing  
attitudes.**

**“A SOFT ANSWER, TURNS  
AWAY WRATH”**

**In Hebrew, wrath means "heat".**

**We cannot control the temperature, harshness, or volume of the words of another. We can, however, try to control the temperature, harshness, and volume of our own words.**

**The involuntary reaction to every  
confrontation is to give back in  
kind.**



**“GRIEVOUS WORDS”**

**Acts 15:39, They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus.**

**Proverbs 3:30 - Strive not with a man without cause, if he has done thee no harm.**

**Proverbs 19:11 - The discretion of a man defers his anger; and it is his glory to pass over a transgression.**

**“GRIEVOUS WORDS, STIRS  
UP ANGER”**

**In Hebrew, anger means the flaring of the nostrils.**

**Proverbs 20:3, It is to one's honor to avoid strife, but every fool is quick to quarrel.**

**Proverbs 29:11, A fool vents all his feelings, but a wise man holds them back.**

**Ecclesiastes 5:2, "Do not be rash with your mouth... let your words be few."**

**“It is easier to brush off  
mud when it is dry.”**



**"If you kick a stone in anger, you'll hurt your own foot" (Korean proverb).**

**"Temper is one thing you can't get rid of by losing it."**

**"A kind word never broke anyone's mouth" (Irish proverb).**

**"Soft words are hard arguments."**

**Proverbs 15:2, The tongue of the wise uses' knowledge rightly, But the mouth of fools pours forth foolishness.**

**“The Tongue of the Wise”**

**Ecclesiastes 3:1,7, "There is... a  
time to be silent and a time to  
speak"**

**Proverbs 16:21, The wise in heart will be called prudent, and sweetness of the lips increases learning.**

**Proverbs 16:23, The heart of the wise teaches his mouth, and adds learning to his lips.**

**Proverbs 13:20, He who walks with the wise grows wise.**

**Proverbs 15:7, The lips of the wise spread knowledge.**

**Proverbs 18:15, The heart of the discerning acquires knowledge.**

**“The Mouth of Fools”**

**The Hebrew word for gush  
signifies "to pour out; to emit;  
to cause to bubble; to belch"**

**Proverbs 10:8,10, A  
chattering fool comes to  
ruin.**

**Pro 10:18, Whoever  
spreads slander is a fool.**

**Proverbs 13:16, A fool  
exposes his folly.**



**“A WHOLESOME TONGUE”**

**The tongue that brings healing  
is a tree of life, but a deceitful  
tongue crushes the spirit.**

# **Proverbs 15:1-4 with 4T's:**

**1. A Tender Tongue - Vs. 1**

**2. A Thoughtful Tongue - Vs. 2**

**3. A Tested Tongue - Vs. 3**

**4. A True Tongue - Vs. 4**

**“The tongue has no bones but is strong enough to break a heart. So be careful with your words.”**

## **Bible Study Follow-up Chat Discussion Questions:**

- 1. What does it mean to speak life?**
- 2. How can you be a voice for God?**
- 3. Are you better at showing or telling others about Jesus?**
- 4. What is a soft answer? Why is it so powerful?**
- 5. When was the last time you heard spoken words that changed your perspective on something or someone?**
- 6. “Your words equal your world, so use them wisely.” Agree or Disagree?**
- 7. What does the word phrase “I Got Your Back” mean to you?**