

**A FAITH THAT HELPS ME FILTER WHAT I SAY**

Book of James: A Faith That Works When Life Doesn't – Part 16

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26 Jul 2020

*"If you claim to be religious but don't control your tongue, you are only fooling yourself, and your religion is worthless!"* - James 1:26 (NLT)

**JAMES 3:1-15**

*"Dear brothers and sisters, don't be in a hurry to become a teacher in the church, because we who teach will be judged by God with greater strictness. Now we all make many mistakes. In fact, if anyone was able to always say the right thing, that person would be perfect, AND they would have perfect self-control of themselves and their body. We can control very large horses by putting a small bit into their mouths. By controlling their mouth, we can turn the whole animal whatever direction we want it to go. Or take ships as an example. A tiny rudder makes a huge ship turn wherever the pilot wants it to go, even though the winds are strong. In the same way your tongue is a small thing, but what enormous damage it can do! Just like a tiny spark can set a great forest on fire, your tongue is also a dangerous fire. Among all the parts in your body, it's the one that causes the most wickedness and spreads evil everywhere. It can corrupt and ruin your whole life. It can turn the entire course of your life into a blazing fire of destruction, because it is set on fire by hell itself! People can tame all kinds of animals and birds and reptiles and fish, but no one can tame the tongue. It is an uncontrollable evil, full of deadly poison. We use our tongue to praise our Lord and Father, but then we use the same tongue to attack and curse other people who've been made in the same image of God! So blessing some people and cursing others comes out of the same mouth! Listen, my brothers and sisters, THIS SHOULD NEVER HAPPEN! Can fresh water and bitter water come out of the same spring? No! Can a fig tree bear olives or a grapevine produce figs? No! And you can't get fresh water out of a polluted well! How humbly you live, not how you talk, shows your wisdom. If you harbor bitterness or jealousy or self-centered bias in your heart, you shouldn't boast that you're wise. You deny the truth to make yourself look better. That's not wisdom; it's earthly, it's unspiritual and it's inspired by the devil."*

**WHY DO I NEED GOD'S HELP FILTERING WHAT I SAY?****1. MY TONGUE \_\_\_\_\_ WHERE I'M HEADED. (vs. 3-4)**

*"We can control very large horses by putting a small bit into their mouths. By controlling their mouth, we can turn the whole animal whatever direction we want it to go."* - James 3:3

*"Or take ships as an example. A tiny rudder makes a huge ship turn wherever the pilot wants it to go, even though the winds are strong."* - James 3:4

**2. MY TONGUE CAN \_\_\_\_\_ WHAT I HAVE. (vs. 5-8)**

*"Your tongue is a small thing, but what enormous damage it can do! Just like a tiny spark can set a great forest on fire, your tongue is also a dangerous fire."* - James 3:5

*"Among all the parts in your body, your tongue is the one that causes the most wickedness and spreads evil everywhere. It can corrupt and ruin your whole life. It can turn the entire course of your life into a blazing fire of destruction, because it is set on fire by hell itself!"* - James 3:6

*"If you want to stay out of trouble be careful what you say!"*

- Proverbs 21:23 (TEV)

*"People can tame all kinds of animals and birds and reptiles and fish, but no one can tame the tongue. It is an uncontrollable evil, full of deadly poison."*

- James 3:7-8

**3. MY TONGUE \_\_\_\_\_ WHO I REALLY AM. (vs. 9-15)**

*"We use our tongue to praise our Lord and Father, but then we use the same tongue to attack and curse other people who've been made in the same image of God! So blessing some people and cursing others comes out of the same mouth! Listen, my brothers and sisters, THIS SHOULD NEVER HAPPEN!"*

- James 3:9-10

*"Can fresh water and bitter water come out of the same spring? No! Can a fig tree bear olives or a grapevine produce figs? No! And you can't get fresh water out of a polluted well! How humbly you live, not how you talk, shows your wisdom. If you harbor bitterness or jealousy or self-centered bias IN YOUR HEART, you shouldn't boast that you're wise. You deny the truth to make yourself look better. That's not wisdom; it's earthly, it's unspiritual and it's inspired by the devil."*

- James 3:11-15

Point: My deeper problem isn't my tongue. It's my heart.

**WHAT'S THE SOLUTION? EVERY DAY . . .****1. ASK THE HOLY SPIRIT TO \_\_\_\_\_ MY HEART.**

*"Rid yourself of all the offenses you have committed and get a new heart and a new spirit!"*

- Ezekiel 18:31

*Jesus "For out of the overflow of your heart your mouth speaks."*

- Matthew 12:34

**2. ASK HIM TO HELP ME \_\_\_\_\_ MY MOUTH.**

*"Lord, help me control my tongue; and help me be careful about what I say."*

- Psalm 141:3 (NCV)

*"Be quick to listen, slow to speak, and slow to become angry."* - James 1:19

**幫助我謹慎言辭的信心**

雅各書：在人生困境中活出真信心 – 第十六部

華理克牧師

26 Jul 2020

“如果你們說自己虔誠，卻不控制自己的舌頭，那就是自欺，你們的虔誠是沒有用的。”  
- 雅各書 1:26 (新普及譯本)

**雅各書 3:1-15**

“親愛的弟兄姊妹，不要急於在教會裏成為導師，因為那教導人的，將要受上帝更嚴厲的審判。我們都有許多過失。事實上，誰能說話合宜，那人就是完全的。他們也有完全的自控能力，來控制自己和身體。我們要控制非常高的馬匹，只需把小小的嚼環放進牠們嘴裏。藉着控制牠們的嘴巴，我們就可以驅使整隻動物，走往我們要牠去的方向。又或以船舶為例，一個小小的舵，就能驅使巨大的船駛往舵手要它去的方向，即使風勢強大。同樣，你的舌頭很細小，卻能造成多麼巨大的損害！就如星星之火可以燎原，你的舌頭也是一團危險的火。在你身體的各個部位之中，這個部位能引致最多罪惡，並到處散播邪惡。它可以敗壞和毀掉你整个人生；它可以把你一生的歷程變成一團毀滅的烈火，因為它被點燃起來，並且是從地獄點著的！人能馴服各種野獸、飛鳥、爬蟲和魚類，但沒有人能馴服舌頭。它是無法控制的邪惡之物，充滿致命的毒害。我們用舌頭頌讚我們的主、我們的天父，然後又用同一個舌頭去攻擊和詛咒，那按照上帝形象所造的人！所以，祝福一些人和詛咒另一些人，都出自同一張嘴！聽着，我的弟兄姊妹，這是不應發生的！清甜的水和苦水能出自同一個水泉嗎？不！無花果樹能結出橄欖，葡萄樹能結出無花果嗎？不！你們也不能從被污染的井裏取得清水！你們謙卑的生命，而不是你們的言談，彰顯出你們的智慧。如果你們懷着怨恨或嫉妒，或內心充滿自我中心的偏見，你們就不應自誇為聰明。你們為了自己的面子而否認事實。這不是智慧，這是屬世，是不屬靈，而這是由魔鬼啟發的。”

**為何我要學會謹慎言辭呢？****1. 我的舌頭\_\_\_\_\_我的方向(3-4 節)**

“我們要控制非常高的馬匹，只需把小小的嚼環放進牠們嘴裏。藉着控制牠們的嘴巴，我們就可以驅使整隻動物，走往我們要牠去的方向。”

- 雅各書 3:3 (意譯)

“又或以船舶為例，一個小小的舵，就能驅使巨大的船駛往舵手要它去的方向，即使風勢強大。”

- 雅各書 3:4 (意譯)

**2. 我的舌頭能\_\_\_\_\_我的所有 (5-8 節)**

“你的舌頭很細小，卻能造成多麼巨大的損害！就如星星之火可以燎原，你的舌頭也是一團危險的火。”  
- 雅各書 3:5 (意譯)

“在你身體的各個部位之中，(舌頭)能引致最多罪惡，並到處散播邪惡。它可以敗壞和毀掉你整个人生；它可以把你一生的歷程變成一團毀滅的烈火，因為它被點燃起來，並且是從地獄點著的！”  
- 雅各書 3:6 (意譯)

“如果你想遠離禍患，就要小心說話！”  
- 箴言 21:23 (意譯)

“人能馴服各種野獸、飛鳥、爬蟲和魚類，但沒有人能馴服舌頭。它是無法控制的邪惡之物，充滿致命的毒害。”  
- 雅各書 3:7-8 (意譯)

**3. 我的舌頭\_\_\_\_\_真實的我 (9-15 節)**

“我們用舌頭頌讚我們的主、我們的天父，然後又用同一個舌頭去攻擊和詛咒，那按照上帝形象所造的人！所以，祝福一些人和詛咒另一些人，都出自同一張嘴！聽着，我的弟兄姊妹，這是不應發生的！”  
- 雅各書 3:9-10 (意譯)

“清甜的水和苦水能出自同一個水泉嗎？不！無花果樹能結出橄欖，葡萄樹能結出無花果嗎？不！你們也不能從被污染的井裏取得清水！你們謙卑的生命，而不是你們的言談，彰顯出你們的智慧。如果你們懷着怨恨或嫉妒，或內心充滿自我中心的偏見，你們就不應自誇為聰明。你們為了自己的面子而否認事實。這不是智慧，這是屬世，是不屬靈，而這是由魔鬼啟發的。”

- 雅各書 3:11-15 (意譯)

重點：我更深層的問題，不是我的舌頭，而是我的內心。

**有甚麼解決方法呢？每天…****1. 祈求聖靈\_\_\_\_\_我的心**

“要把所有叛逆的事拋在後面，為自己換上一個新的心和新的靈。”

- 以西結書 18:31 (新普及譯本)

“因為心裏所充滿的，口就說了出來。”  
- 馬太福音 12:34 (現中修訂版)

**2. 祈求祂幫助我，\_\_\_\_\_我的嘴巴**

“上主啊，求你約束我的言語，看管我的嘴唇。”  
- 詩篇 141:3 (新普及譯本)

“各人都要快快地聽，慢慢地說，慢慢地動怒。”  
- 雅各書 1:19 (新普及譯本)