

SUNDAY MESSAGE NOTES AND INTERACTIVE PDF

Tame the Tongue

The tongue is brought under godly control as the believer submits the heart, mind, and words to the Word of God and the Holy Spirit, then intentionally speaks life and grace.

SERMON TITLE	MINISTER
Tame the Tongue	Pastor Jason Gillick
DATE	PRIMARY SCRIPTURE
Sunday, July 20, 2026	James 1:19-27 ; James 3:1-12

TOPICS [Words](#) | [Bridling the Tongue](#) | [Sanctification](#) | [Renewing the Mind](#) | [Edification](#)

NOTES

Truth to carry into the week.

01 Justification is God's completed work; sanctification is the life you keep yielding to Him.

- You are justified freely by grace through faith in Jesus, not by anything you could do to earn salvation. ([Romans 3:23-26](#); [Ephesians 2:8-10](#))
- Having been made alive in Christ, you are His workmanship, created to walk in the good works He prepared for you. ([Ephesians 2:10](#))
- Sanctification continues as you present yourself to God and allow Him to transform you through the renewing of your mind. ([Romans 12:1-2](#))

"The grace of God is to be empowered to live for God. To live through Christ."

STUDY [Romans 3:23-26](#); [Ephesians 2:8-10](#); [Romans 12:1-2](#)

02 The Word is a mirror that reveals what must change and supplies the truth that changes it.

- Receive the implanted Word with meekness because it is able to save, restore, and bring the soul under God's truth. ([James 1:21](#))

- Do not look into the Word and walk away unchanged; continue in the perfect law of liberty as a doer of the Word. ([James 1:22-25](#))
- The washing of the water of the Word cleanses the mind from the messages and patterns of the world. ([Ephesians 5:26](#))

“This is my mirror. And this Word. This is my mirror.”

STUDY [James 1:21-25](#); [Ephesians 5:26](#); [Romans 12:2](#)

03 Lasting freedom requires obedience, not an endless search for someone else to do the surrender for you.

- When the Holy Spirit exposes an area that must change, remain under the Word instead of running from correction. ([James 1:22-25](#))
- God’s correction yields the peaceable fruit of righteousness when you are trained by it. ([Hebrews 12:11](#))
- The grace that saved you also empowers you to deny ungodliness and live soberly, righteously, and godly. ([Titus 2:11-12](#))

“True deliverance is to surrender your heart to obedience.”

STUDY [James 1:22-25](#); [Hebrews 12:11](#); [Titus 2:11-12](#)

04 The tongue is small, but it directs lives, relationships, families, and futures.

- A mature believer learns to govern speech because the person who does not stumble in word is able to bridle the whole body. ([James 3:2](#))
- Like a bit in a horse’s mouth or a rudder on a ship, the tongue can turn something much larger than itself. ([James 3:3-5](#))
- Words can kindle destruction or preserve life, so guarding the mouth protects the soul from unnecessary trouble. ([James 3:5-6](#); [Proverbs 13:3](#); [Proverbs 21:23](#))

“We shape our world with our words.”

STUDY [James 3:1-6](#); [Proverbs 13:3](#); [Proverbs 21:23](#)

05 The tongue is tamed as you yield it to the Word and the Holy Spirit.

- Human strength cannot tame the tongue, but the believer can cooperate with the Holy Spirit and submit every word to God. ([James 3:7-8](#))

- Refuse the contradiction of blessing God while cursing people who were made in His likeness. ([James 3:9-12](#))
- Run your thoughts and words through the truth of Scripture before they are released. ([Romans 12:2](#); [Proverbs 10:19](#))

“We commit our mouth to the Word and the Spirit.”

STUDY [James 3:7-12](#); [Romans 12:2](#); [Proverbs 10:19](#)

06 Bridling the tongue is not merely refusing evil speech; it is intentionally speaking life.

- Let no corrupt word proceed from your mouth; speak what is good for necessary edification and imparts grace to the hearer. ([Ephesians 4:29](#))
- Speak life over your family, children, work, calling, and future instead of cooperating with fear, bitterness, or destruction. ([Proverbs 18:21](#))
- The words of Jesus are spirit and life; fill your heart with His Word so Heaven’s life is released through your mouth. ([John 6:63](#))

“You have grace to bridle your tongue.”

STUDY [Ephesians 4:29](#); [Proverbs 18:21](#); [John 6:63](#)

SCRIPTURE INDEX - NKJV

Read the Word in context.

[Proverbs 10:19](#)

[Proverbs 13:3](#)

[Proverbs 18:21](#)

[Proverbs 21:23](#)

[John 6:63](#)

[Romans 3:23-26](#)

[Romans 12:1-2](#)

[Ephesians 2:8-10](#)

[Ephesians 4:29](#)

[Ephesians 5:26](#)

[Titus 2:11-12](#)

[Hebrews 12:11](#)

[James 1:19-27](#)

[James 3:1-12](#)

Will your words release life and grace?

Where has the Word recently revealed a pattern in your thoughts or speech that needs to change?

In what relationship or situation do you most need the Holy Spirit to bridle your tongue?

What harmful words must you stop repeating, and what truth from Scripture will replace them?

Whom will you intentionally strengthen this week by speaking words that impart life and grace?
