



**James  
3:8**

**Proverbs  
12:18**

# Poison Tongue Healing Tongue

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*A Mini-Study for the Family on  
Taming the Tongue*

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Do your children struggle with **talking back, whining, begging, lying,** or other heart issues that **live out through their lips?**



KEEP QUIET CHALLENGE  
*For Kids*

Teaching Children How to  
**TAME THEIR  
TONGUES**



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# Day 1: The Tongue Defined

## Five Fun Facts...

1. The tongue is the only muscle in the human body that works without skeletal support. What is the term for a muscle that works independent of the skeletal system? Try looking it up!  
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2. The tongue is the strongest and most sensitive muscle in the human body.
3. The visible bumps on our tongues are not taste buds but papillae. Taste buds are housed in the papillae.
4. There are about 8,000 taste buds on our tongues.
5. Our tongue is the only muscle capable of sending taste signals to the brain.

In the bible the tongue is not defined by how it operates or how it senses taste, but the impact it has when it produces the speech that comes out of our mouths.

Look up these verses. Write the word used to describe the tongue.

Psalm 52:2 \_\_\_\_\_

Psalm: 64:4 \_\_\_\_\_

Proverbs 10: 20 \_\_\_\_\_

Proverbs 12:18 \_\_\_\_\_

Proverbs 15:4 \_\_\_\_\_

James 3:6 \_\_\_\_\_

James 3:8 \_\_\_\_\_

Jeremiah 9:8 \_\_\_\_\_

**Memory Verse**

**Psalm 141:3**

## Discussion Time

**Read Matthew 15:11 and discuss what it means to you.**

## Day 2: The Power of the Tongue

Today we will discuss the power the tongue. Our tongues hold great power to cut or to heal. Understanding the power of the tongue is a step in learning the great need to tame the tongue.

Read James 3:3-5...

James emphasizes that a small part can be a mighty force. What analogies does he use to make this point?

1. \_\_\_\_\_
2. \_\_\_\_\_

Read Proverbs 12:18 and Proverbs 16:24

These verses also highlight the power of the tongue. What do these verses say to you?

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Based on these verses, what power do you believe your words have over another person?

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### Words that Harm

We all have experienced unkind words being said to us. We have also said unkind words to others. List some words that have harmed you or others.

### Words that Heal

We all have experienced kind words being said to us. We have also said kind words to others. List some words that have healed you or others.

## Day 3: How to Use Our Tongues

So far we learned how the tongue is defined along with the power it holds. Let's discuss how the bible instructs us to use our tongue.

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Read James 1:19...

What does this verse say about how we should speak?

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Discuss...

Does this describe you? Think about the last time you were upset, disappointed, or angered. Did you take time to pray before speaking or did you speak before praying? Praying first can make it so you don't end up regretting what you say. Once words are spoken they cannot be unspoken.

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Read Colossians 4:6...

What does this verse say about how we should speak? \_\_\_\_\_

Discuss...

If you asked friends, family, or people you meet while out, how would they describe your speech?

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Read Philippians 1:27...

What does this verse say about how we should speak? \_\_\_\_\_

Discuss...

What do your conversations consist of? Do you speak to the glory of God or is your speech filled with negativity or gossip?

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### Heart Application

**Write down the verses that spoke to you on an index card. Keep these cards with you and review each day until they are memorized. (Psalm 119:11)**

## Day 4: Can You Tame Your Tongue?

We hear a lot about taming the tongue. When the tongue gets out of control we are told “watch your tongue” or “hold your tongue”. Have you ever felt defeated because no matter how hard you tried to hold your tongue it didn’t work? Perhaps you came to a place where you feel powerless to control your tongue. Guess what? That is the perfect place to find yourself since YOU cannot tame your tongue. Let’s consult God’s Word to help us the answer.

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Read James 3:6-8...

What do these verses say about the tongue?

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What does verse 8 say about taming the tongue?

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Discuss...

Have you relied on your own sense of self control to hold your tongue? Who should you rely on?

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Read Matthew 12:34...

What does this verse say about the connection between your heart and your speech?

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Discuss...

If your tongue reveals your heart then what does it say when you speak unkindly? How do you change your heart?

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### Prayer Application

**As we learned, there is only one way to tame the tongue. Write a prayer confessing your sinful tongue and a commitment to rely on God and His Word to tame your tongue.**

## Day 5: Let's Review...

Let's reflect on all we have learned about the tongue over the past 4 lessons.

### 3 Things Learned about the Tongue

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

### 3 Things Verses that Spoke to Me

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## Practical Applications

It is time we take practical steps to apply what was learned to our lives. Here are some ways to hold each other accountable and grow closer to God as family.

1. Think of a time when you spoke unkindly to someone. Take this opportunity to ask forgiveness and speak words of healing.
2. Make a commitment to hold each other accountable to pray before speaking when you are upset, disappointed, or angered.
3. Pray daily for each other as you try to use your tongue to honor God.
4. Challenge each other to memorize the verses that spoke to you. Write the verses on index cards. Place them where you will see them daily such as the bathroom mirror, on the fridge, as a bookmark, or place all on a book ring.
5. When you do say something unkind, do not hesitate to apologize and ask for forgiveness. Follow that up with speaking kind and healing words.

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# Daily Journal Pages

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# Daily Reflections

Date: \_\_\_\_\_

Verse that Spoke to You...

What I Learned...

How I Will Apply it to My Life

My prayer...

# Daily Reflections

Date: \_\_\_\_\_

**Verse that Spoke to You...**

**What I Learned...**

**How I Will Apply it to My Life**

**My prayer...**

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Date: \_\_\_\_\_

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**How I Will Apply it to My Life**

**My prayer...**