



# Taming the Tongue: Speaking Life as a Teen



Explore the power of words, learning to speak truth and encouragement both online and offline to build others up instead of tearing them down.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🗣️ The Power of Words: Small but Mighty.</u>	4
<u>Day 2: 💬 Speaking Truth in a Digital World</u>	10
<u>Day 3: 🌱 Building Up, Not Tearing Down</u>	16



## Introduction

Welcome to a transformative journey designed especially for teens! In today's digital age, every word you speak or type carries extraordinary power. Whether through face-to-face conversations or social media, your words can either build someone up or tear someone down.

*James 3:5-6 teaches us that the tongue, though small, can set a whole forest on fire—it's a powerful image reminding us that our words have great impact.* As teens navigating relationships, school, and social media, it's vital to understand the responsibility that comes with how we use our words.

Throughout these three days, we'll explore biblical truths on **taming the tongue**, the impact of our speech, and how we can choose to speak life and encouragement instead of gossip, insults, or negativity.

**Get ready to be challenged, encouraged, and empowered.** Let's discover together how your words can bring healing, hope, and truth into your world—making a difference far beyond what you might imagine!





# Day 1: The Power of Words: Small but Mighty



## Your Verse

*James 3:5-6 - "Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark."*

## Supporting Scriptures

- *Proverbs 18:21 - "The tongue has the power of life and death, and those who love it will eat its fruit."*
- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*



Day 1: 🗣️ The Power of Words: Small but Mighty

## Devotional: The Mighty Impact of Your Words

**Think about the last time you felt really encouraged or hurt by someone's words.** Words may seem small, but they hold great power. Just as a tiny spark can ignite a forest fire, a careless comment can cause big harm. This is why the Bible warns us about the dangers of the tongue.

*James reminds us that our tongue can boast and cause destruction.* At the same time, Proverbs tells us it holds the power of life and death. This means your words can either build people up or tear them down.

As a teen, you handle a powerful tool—your speech. On social media, texts, or face-to-face, your words ripple far beyond what you see. Today, think about the influence your words have and commit to using them to bring life, not destruction. Consider how you can pause before speaking or typing, choosing encouragement over gossip or insults.



Day 1:  The Power of Words: Small but Mighty

## Reflect and Apply

1. Can you remember a specific moment when words deeply affected you—positively or negatively?

---

---

---

2. How does understanding the power of your tongue influence the way you speak online?

---

---

---

3. What's one habit you can change today to prevent harmful speech?

---

---

---



Day 1:  The Power of Words: Small but Mighty

## Journaling Prompts

1. Write about a time when your words helped someone.

---

---

---

2. Reflect on a moment when words caused pain—what would you say differently now?

---

---

---

3. Commit to a personal goal about how you want to use your words this week.

---

---

---





Day 1: 🗣️ The Power of Words: Small but Mighty

## Prayer for Today

**Lord, thank You for showing me how powerful my words are.** Help me to be mindful and wise in what I say, both online and offline. Teach me to speak life, encouragement, and truth that bless others. Please guard my heart and tongue from gossip, insults, and negativity. Fill me with Your love so I can be a source of hope and kindness in every conversation. *Amen.* 🙏💬❤️✨





## Day 2: Speaking Truth in a Digital World



## Your Verse

*Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."*

## Supporting Scriptures

- *Proverbs 15:23 - "A person finds joy in giving an apt reply—and how good is a timely word!"*
- *Matthew 12:36 - "But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken."*



# Devotional: Grace-Filled Speech in Online and Offline Life

**In a world dominated by screens and instant messages, your words still hold eternal weight.** Colossians encourages us to let our conversations be full of grace—kindness and truth blended perfectly.

*This means when you reply to comments, texts, or posts, you show others who Jesus is by your respectful and encouraging words.* Your words don't just affect your relationships now, but they have eternal consequences as Matthew warns us about being accountable for every empty word.

Think of your words as seasoning in a dish—they can make interactions flavorful and uplifting, or bitter and harsh. As you navigate friendships and online interactions, ask God to help you speak with wisdom, gentleness, and grace. Your words can be a powerful testimony in your school, family, and digital communities.



## Reflect and Apply

1. How do you usually respond to criticism or conflict online?

---

---

---

2. In what ways can your words reflect God's grace instead of anger or sarcasm?

---

---

---

3. What does it look like for you to have conversations 'seasoned with salt' in your daily life?

---

---

---



## Journaling Prompts

1. Recall a recent online conversation—how could it have been more grace-filled?

---

---

---

2. Describe how you want others to remember your words.

---

---

---

3. Write a prayer asking God for help in speaking with grace and truth.

---

---

---



Day 2: 💬 Speaking Truth in a Digital World

## Prayer for Today

**Dear God, please help me speak words full of grace today.** Guide my heart and mind as I interact with others, especially online where it's easy to say hurtful things. Help me be a light that reflects Your love and wisdom through every message and conversation. Thank You for the opportunity to show kindness and truth in all I say. *Amen.* 🙏 💻 💬 ❤️





## Day 3: Building Up, Not Tearing Down





Day 3: 🌱 Building Up, Not Tearing Down

## Your Verse

*Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs."*

## Supporting Scriptures

- *Proverbs 16:24 - "Gracious words are a honeycomb, sweet to the soul and healing to the bones."*
- *Psalms 19:14 - "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord."*



Day 3: 🌱 Building Up, Not Tearing Down

## Devotional: Choose Words That Heal and Encourage

**Every day, you have the choice to build others up with your words or tear them down.** Ephesians calls us to use speech that is wholesome and helpful, speaking truth tailored to people's needs.

*Gracious and kind words bring sweetness and healing unlike anything else.* Imagine how your friends, family, and classmates benefit when you intentionally encourage and uplift them with your speech.

Today, practice looking for opportunities to say something positive and life-giving. This can be a compliment, a word of encouragement, or truth shared in love. When you build people up, you reflect God's heart and participate in His work of healing a hurting world.

Remember, your tongue is a powerful instrument—choose to use it for blessing.



Day 3: 🌱 Building Up, Not Tearing Down

## Reflect and Apply

1. Who in your life could benefit from encouragement this week?

---

---

---

2. What unwholesome speech habits do you need to overcome?

---

---

---

3. How does building others up reflect God's character?

---

---

---



Day 3: 🌱 Building Up, Not Tearing Down

## Journaling Prompts

1. Write a list of encouraging words you want to speak regularly.

---

---

---

2. Describe a time when someone's kind words made a difference for you.

---

---

---

3. Plan how you will intentionally speak life in your relationships this week.

---

---

---



Day 3: 🌱 Building Up, Not Tearing Down

## Prayer for Today

**Lord, teach me to build others up with my words.** Help me speak what is wholesome, healing, and true. Give me a heart that notices when others need encouragement and the courage to speak life into their situations. May the words I choose glorify You and bring joy and healing to those around me.

*Amen.* 🙏🌱👤💖





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.