Taming the Tongue: Words That Build, Not Break



Explore how to control your speech as a teen, using God's Word to build others up and honor Him with your words each day.





Table of contents

<u>Introduction</u>	3
Day 1: 2 The Power of Words	4
Day 2: O Guard Your Tongue	11
Day 3: O Speak Life and Truth	18
<u>Day 4: Think Before You Speak</u>	25
<u>Day 5: V Love Speaks with Kindness</u>	32
<u>Day 6: Words Reflect Your Heart</u>	39
Day 7: X Living Out Tamed Tongue	46







Introduction

Welcome to this 7-day Bible study plan focused on the power of your words.

As teenagers, our words can be a source of encouragement or hurt. In a world filled with social media, peer pressure, and everyday challenges, learning to tame the tongue is critical. This plan will guide you through Scripture to understand that your words hold significant power—power to build others up, to inspire, and to reflect God's love.

Taming the tongue means choosing to speak with kindness, wisdom, and truth, even when it feels difficult. The Bible warns about careless words, but it also invites us to speak life into our surroundings. Each day, you'll explore key verses, supported by related Scriptures, that challenge you to reflect on how you communicate. You'll find devotional thoughts, reflective questions, journaling prompts, and prayers that will help you live out the truth that your speech matters.

Over the next week, we'll dive into God's instructions and promises regarding our words. You'll discover how your tongue can either tear down or build up relationships, influence your future, and glorify God. As a teen, you are in a powerful position to impact your world positively—starting by taming your own tongue. Get ready to be inspired, challenged, and encouraged to use words that bless, uplift, and heal.









Day 1: Power of Words









Day 1: A The Power of Words

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: A The Power of Words

Devotional: Recognizing the Power in Your Words

Have you ever noticed how a few words can change the whole mood of a day? James reminds us that just like a tiny spark can set a forest ablaze, our tongues —though small—have incredible influence. Our words carry power to either encourage and build up or hurt and destroy. As teens, you're constantly communicating with friends, family, and peers. It's easy to lash out or say something hurtful when emotions run high, but Scripture calls us to something greater.

Think about moments when someone said the right thing that encouraged you or when hurtful words made you feel small. You have that same power in your own mouth! Ephesians teaches us to use speech that benefits others, that strengthens relationships instead of damaging them. This is not always easy, but it's a challenge to live by God's standard. Your words should reflect His love and truth.

Today, ask God to help you recognize the power in your tongue and to give you control over it. Let's choose words that build hope and kindness instead of tearing down. This is the first step in taming your tongue!







Day 1: 💁 The Power of Words

Reflect and Apply

How have your words recently impacted your friendships or family relationships?
What are some situations where you find it hardest to control your tongue?
Why do you think the Bible compares the tongue to a spark that can start a fire?







How can recognizing the power of your words change the way you speak daily?







Day 1: 💁 The Power of Words

Journaling Prompts

1.	Write about a time when someone's words lifted you up.
2.	List some words or phrases you want to avoid using.
3.	Describe how you can speak words that build others up this week.
•	







Day 1: A The Power of Words

Prayer for Today

Dear Lord, help me understand the power of my words today. Teach me to use my tongue wisely — to bring life, encouragement, and love to those around me. When I'm tempted to speak harshly or carelessly, remind me to pause and think about how my words affect others. Fill me with Your grace so I can be a reflection of Your kindness. Thank You for the gift of speech and the opportunity to bless others through it.



















Your Verse

Psalm 141:3 – "Set a guard over my mouth, Lord; keep watch over the door of my lips."

Supporting Scriptures

- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."
- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."







Devotional: Let God Guard Your Speech

Have you ever wished you could take back something you said?

Guarding your tongue means more than just biting your lip; it means guarding your heart as well. Proverbs teaches us that what comes out of our mouth reflects what's inside. If our hearts are full of love, kindness, and truth, our lips will speak accordingly. But if anger, bitterness, or jealousy fill us, our words can cause harm.

Colossians encourages us to let our speech be full of grace—words that are kind and wise. This helps us respond well to every situation, even when it's tough. Ask God today to be the guard who watches over your lips, helping you choose words carefully and speak life.







Reflect and Apply

1.	What do you think it means to 'guard your mouth'?
2.	How does your heart condition influence what you say?
3.	Are there times when you find it hard to speak with grace? Why?
4.	Who could benefit from hearing words full of grace from you?













Journaling Prompts

1.	Write about a time you wish you had guarded your words better.
2.	List ways you can invite God to guard your speech daily.
3.	Describe how your heart affects the words you speak.







Prayer for Today

Lord God, I ask You to guard my words today. Help me speak only what is kind and true. When I am tempted to say something harmful or careless, remind me to pause and listen for Your guidance. Fill my heart with grace so my speech reflects Your love. Protect me from hurtful words and help me choose life-giving speech. Thank You for watching over my lips.



















Your Verse

Proverbs 12:18 – "The words of the reckless pierce like swords, but the tongue of the wise brings healing."

Supporting Scriptures

- John 8:32 "Then you will know the truth, and the truth will set you free."
- Romans 12:21 "Do not be overcome by evil, but overcome evil with good."







Devotional: Let Your Words Heal and Set Free

Your words carry a choice: to harm or to heal. Proverbs calls the reckless tongue a sword that wounds, but a wise tongue brings healing. This means your speech can either cause pain or offer restoration. Choosing to speak truth with kindness requires wisdom and courage, especially as a teen navigating many social challenges.

Truth in love is powerful and freeing. Jesus says that knowing the truth brings freedom, so your words should reflect that freedom and honesty, without tearing others down. When you respond kindly even in tough situations, you overcome negativity with goodness.

Today, focus on being both truthful and gentle. Let your tongue be a source of healing—encouraging classmates, uplifting friends, and standing firm in God's truth. This is how you build up those around you and grow in spiritual maturity.







Reflect and Apply

	Can you remember a time when words healed a situation for you or someone else?
2.	What does it look like to speak truth with kindness?
3.	How do you feel when someone speaks recklessly or hurtfully to you?
4.	How can you 'overcome evil with good' through your words?











Journaling Prompts

1.	Write about a time your words helped heal a friend or family member.
2.	List ways to speak truth without being harsh.
3.	Describe how you want your words to impact others.







Prayer for Today

Father God, help me to speak words that heal and encourage. Give me the wisdom to know when and how to share truth with love. Protect me from speaking recklessly or harshly. Let my tongue be a tool for good that overcomes negativity and brings life. Thank You for the freedom found in Your truth. Teach me to use my words to bless those around me.













Day 4: O Think Before You Speak









Day 4: 🔾 Think Before You Speak

Your Verse

Proverbs 15:28 – "The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil."

Supporting Scriptures

- Ecclesiastes 5:2 "Do not be quick with your mouth, do not be hasty in your heart to utter anything before God."
- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."







Day 4: 🔘 Think Before You Speak

Devotional: Pause and Choose Your Words Wisely

Have you ever said something you regret because you didn't think first?

Thinking before speaking is an act of wisdom and self-control. Ecclesiastes warns against rash words, showing how important it is to pause and reflect before responding. James goes even further by reminding us to be quick to listen and slow to speak and anger.

As a teen, this can be tough, especially during disagreements or emotional moments. But learning to pause and weigh your answers can prevent many problems and open doors for understanding and peace. Practice listening carefully, asking God for help to slow down your speech, and respond thoughtfully today.







Day 4: 🔘 Think Before You Speak

Reflect and Apply

1.	Why is it important to think before you speak?
-	
2.]	How can listening more improve your relationships?
-	
3.	What situations make it hardest for you to slow down your words?
4.]	How does controlling your speech show maturity?
_	













Day 4: 🔘 Think Before You Speak

Journaling Prompts

1.	Write about a time when pausing before speaking would have helped.
2.	List ways you can remind yourself to slow down your speech.
3.	Describe how better listening can change your daily conversations.







Day 4: O Think Before You Speak

Prayer for Today

Lord, teach me patience in my words. Help me to listen more and speak less without thinking. Give me a wise heart that weighs every answer before I say it. When I feel anger or frustration rising, remind me to pause and seek Your guidance. Thank You for Your patience with me and for teaching me to speak with grace and wisdom.



















Day 5: V Love Speaks with Kindness

Your Verse

1 Corinthians 13:4-5 - "Love is patient, love is kind. It does not envy, it does not boast... it keeps no record of wrongs."

Supporting Scriptures

- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
- Proverbs 16:24 "Gracious words are a honeycomb, sweet to the soul and healing to the bones."







Day 5: V Love Speaks with Kindness

Devotional: Let Love Guide Your Tongue

When love is behind your words, they carry a special power. Paul's description of love in 1 Corinthians shows that love is patient and kind. This means your speech should reflect these qualities. Kind words can soothe hurts, build bridges, and brighten someone's day.

Love doesn't keep track of wrongs or use words to make others feel small or jealous. Instead, it seeks to encourage and forgive. Ephesians reminds us to be compassionate and forgiving, just as God has forgiven us through Christ. This means that sometimes taming our tongues means letting go of grudges and choosing grace in our conversations.

Proverbs compares gracious words to honey—sweet and healing. Today, let love lead your speech. Look for opportunities to speak kindness, forgive quickly, and let your words nourish others' hearts.







Day 5: V Love Speaks with Kindness

Reflect and Apply

1.	How does love change the way you speak to others?
2.	Are there grudges or hurts you need to let go of in your speech?
3.	Can you think of ways your words have shown kindness recently?
4.	Why is forgiveness important when taming the tongue?













Day 5: V Love Speaks with Kindness

Journaling Prompts

1.	Write about a time when someone spoke kind words to you.
2.	List ways you can show love through the words you speak.
3.	Describe a situation where forgiving with your words would bring peace.







Day 5: V Love Speaks with Kindness

Prayer for Today

Father, fill my heart with love that shows through my words. Help me to be patient and kind, forgiving those who hurt me, and speaking grace into every situation. Teach me to use my tongue to uplift and heal, just like You have shown me. May my speech be as sweet as honey, bringing joy to others. Thank You for Your endless love guiding me.



















Your Verse

Matthew 12:34 - "For out of the abundance of the heart the mouth speaks."

Supporting Scriptures

- Luke 6:45 "A good man brings good things out of the good stored up in his heart."
- Psalm 19:14 "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord."







Devotional: Guard Your Heart, Guard Your Words

Your words reveal what's hidden inside your heart. Jesus teaches that the mouth speaks from what overflows from the heart. This means taming your tongue also involves examining your heart. What you treasure and nurture inside shapes what you say to others.

Luke calls a good man one who brings good things from the good stored inside him. So, the condition of your heart matters greatly. If you want your speech to be life-giving, you must fill your heart with God's truth, kindness, and love. Psalm 19 is a beautiful prayer asking God that our words—and the thoughts behind them—please Him.

Today, take a moment to reflect on what's filling your heart. Ask God to cleanse and fill it with what's good and pure so your words naturally become a reflection of that. Your speech will follow your heart's lead.







Reflect and Apply

1.	What 'abundance' is in your heart right now?
2.	How can filling your heart with God's truth change your conversations?
3.	What steps can you take to cultivate a heart that produces kind words?
4.	Why do you think Jesus connects the heart and speech so closely?













Journaling Prompts

	Write down things currently filling your heart—both good and challenging.
2.	List Scripture verses or truths you want to store in your heart.
	Describe how you will guard your heart this week to produce better words.







Prayer for Today

Lord, I ask You to examine my heart and help me fill it with Your goodness. Let my heart overflow with truth, love, and kindness so that my words may bring honor to You and encouragement to others. Cleanse me from any bitterness or anger that might harm my speech. May the words of my mouth and the meditation of my heart be pleasing in Your sight. Guide me in taming my tongue by nurturing my heart.



















Your Verse

James 1:26 – "Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless."

Supporting Scriptures

- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No.""
- Philippians 4:8 "Whatever is true, noble, right, pure, lovely, admirable—think about such things."







Devotional: Faith Lived Through Controlled Speech

After a week of learning about your tongue's power, it's time to live it out. James points out that if we don't control our speech, our faith may be empty. Taming the tongue is a vital part of authentic Christian living. It shows that your faith is real and growing.

Jesus encourages clear and honest speech—'Yes' means yes, and 'No' means no. This shows truthfulness and integrity in what you say. Philippians adds that focusing your mind on what is pure, lovely, and admirable helps your speech reflect those qualities.

Living with a tamed tongue doesn't mean perfection but shows a heart committed to honoring God with words. As a teen, this witness can be powerful in your school, home, and community. Keep asking God to help you speak life, truth, and love every day.







Reflect and Apply

1. What does it mean for your faith if your tongue is not controlled?
2. How can you practice honesty and integrity in your everyday speech?
3. What qualities should you focus on to shape the words you say?
4. How can your words serve as a testimony of your faith?













Journaling Prompts

1.	Write how controlling your tongue relates to your personal faith.
2.	List ways to practice truthful and integrity-filled speech daily.
3.	Describe how your words can impact others' view of Jesus.







Prayer for Today

Lord Jesus, thank You for the lessons You've taught me about taming my tongue. Help me to live out my faith by speaking with honesty, kindness, and love. Give me strength to control my words even when it's hard and to reflect Your character in everything I say. May my speech be a testimony of Your grace and truth in my life. Guide me every day to use my tongue to glorify You.









Where God's Word Meets Your Daily Life



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.



- 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 <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * 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.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

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

© 2025 HolyJot LLC. All Rights Reserved.