

Renewing Our Minds

The Bible Church of Little Rock:
Women Equipping Women

Summer 2010

The Bible Church
of Little Rock

Upcoming Events

July 9-18

SM Mission Trip to
New Mexico

July 16-26

SM Mission Trip to
South Dakota

Dangers of the Tongue, Part 2

By Diane Nichols

For every species of beasts and birds, of reptiles and creatures of the sea, is tamed, and has been tamed by the human race. But no one can tame the tongue; it is a restless evil and full of deadly poison. With it we bless our Lord and Father; and with it we curse men, who have been made in the likeness of God; from the same mouth come both blessing and cursing. My brethren, these things ought not to be this way. Does a fountain send out from the same opening both fresh and bitter water? Can a fig tree, my brethren, produce olives, or a vine produce figs? Neither can salt water produce fresh. James 3:7-12 NASB

***The Untamable Tongue** - At the time of creation, God gave man control and dominion over all creation. Genesis 1:28 states, "Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground." This was still true after the Fall and the Flood and it is still true today. James tells us that these same categories of creation are still under subjection to man. But then he points out a tragic contrast: 'but no one can tame the tongue'. 'No one' sounds a lot like 'we all stumble' from the previous verses doesn't it? This is not just a few of us but no one is able to continually or completely control their tongue. This is not meant to give us an excuse. It is just a sad commentary on believers. Man has been able to tame and control everything except his little tongue. James describes our tongue as a restless evil and full of deadly poison - this is a picture of a caged animal seeking the opportunity to break out and escape with the desire to kill; like a poisonous snake preparing to strike.*

***The Inconsistent Tongue** - What else do we see here about the tongue in verses 9-12? It is inconsistent, unpredictable, and unreliable. Remember that to bless means saying a good word, to speak well of or to praise and that to curse means wishing evil uttered out of malice or wickedness or using abusive speech. James is saying that we speak highly of others with encouraging words that build up and edify; words that give life, hope and help and then with the same tongue speak words to those same people that hurt, damage, and destroy. Who are we doing this to? Those who are created in the *image of God*. In James 2:1-5, he speaks about the sin of partiality. We show partiality to those who are made in the image of God and we treat them like they are not worthy of our time. We act like they are beneath us. This verse says that we not only show favoritism we verbally curse those who are God's chosen people. Those Christ died for. Man is different and distinct from the animals because we reflect God's image. How inconsistent that we should use the same tongue to praise God and curse man who is like his creator.*

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I'm guilty, you're guilty, and everyone is guilty. James goes on to use an illustration with a bit and rudder. With the bit and rudder he was showing what small things could do to control big things. Here he is showing the impossibility of one fountain producing fresh and bitter water at the same time and two types of plants producing two totally different things. This is impossible yet he says that what should be impossible with Christians who love God and love others still happens. He rebukes them and us as well when he says, 'brethren, these things ought not to be this way.' In other words, it is not right. These two illustrations show the double-mindedness of blessing or cursing coming from the same mouth.

How can we have victory? The Bible Knowledge Commentary states, "A key to right talk is right thoughts. The tongue is contained in a cage of teeth and lips, but it still escapes." Here is how you and I can have victory over our tongue. We can be like Jesus Christ himself who of all people had a reason to curse men (I Peter 2:23) *who when he was reviled He did not revile in return; while suffering he uttered no threats, but kept entrusting himself to the one who judges righteously.* The word "kept" means continually, it was done over and over not just one time. Isaiah 53 says that "*he was oppressed and afflicted, and he opened not his mouth....*" When he stood before Pontius Pilate and the high priests he was silent and bore in his body on the tree the sins of my lips and my tongue. Can we not do the same?

Let's think for a minute about the times when you are the one on the receiving end of someone's untamed tongue. There is a way to stop this sinful behavior. There is a way to control our thinking when receiving hurtful comments or when we are treated wrong. Do you think that you and I can choose to not let words hurt us or make us angry? It certainly isn't easy but we can. This is a concept or truth that I didn't like and fought against. Maybe you already get this or aren't as slow as I was in understanding this, but for most of my life I believed that it was the **other person's responsibility** for my feelings or action because of what was said to me or about me. What someone says makes me cry, laugh, become angry, hurt, etc. Sometimes even if it is teasing we can become defensive. But even though it is the other person's responsibility to speak and to say only what is good for me and what will be an encouragement to me, when they don't do this, **I can choose** how those words will affect me.

When my husband Nick tried to teach that concept to me I totally fought against it because if the words weren't said they wouldn't have hurt. I felt like he was saying that he or anyone else could say whatever they wanted to and I just had to deal with it. But that wasn't what he was saying at all. Any time I speak unkind words **I am responsible** for what I say and should seek forgiveness and reconciliation but I am also responsible for **choosing** how someone's words effect my thinking, my actions and my behavior. I am not a victim of someone's speech. It took me quite some time to work through this in my heart but I finally understood.

When words come into my hearing **I must decide** right then what I'm going to do with them. **I can choose** to react immediately with tears, speaking hurtful, angry words back, get defensive or try to shift the blame to the other person or I can evaluate the relationship with that person, understand where that person is coming from or what is happening right now in their lives. **I must stop and think** before my heart gets engaged and I speak back out of anger. **This is living out Psalm 141: 3.** **I must decide** if this person is telling the truth about something I really need to hear about myself or if what is being said isn't true at all. Is there anything in their words that I need to own? Only after thinking clearly should I give a response and sometimes that response should come at a later time. I then choose how I am going to react. **It's a choice** of mine. I can't change what someone says but I can choose what I think and how I respond. In most cases **I can choose** to let love cover it.

This is a practice of godliness. How I receive words into my heart and think about them before I speak will keep me from then speaking words back that hurt and destroy. *Proverbs 18:13 - He who gives and answer before he hears, it is folly and shame to him*". Always remember the verse from *Psalm 141:3: "Set a guard, O Lord, over my mouth; keep watch over the door of my lips."*

**This was prepared for the ladies Bible study using Susan Heck's book, With the Master in the School of Tested Faith.*

Covenant:

God's Enduring Promises

Come get to better know the God who will *never* fail you.

Fall Inductive Bible Study

Tuesdays, September 14 - November 16

9:15 – 11:15 a.m. at BCLR

Childcare is available for the Tuesday morning study.

Contact Ann Clardy at 851-0180 or aclardy@sbcglobal.net for more information.

Walking Worthy

Fall 2010 Wednesday Night Study

We're very excited to announce a new women's bible study called *Walking Worthy* on Wednesday nights. This fall's study will be *The Call to Follow Jesus*, an inductive study on the book of Luke. Walking Worthy will be broken into 3 sections:

- ❖ *Wise Women* will be a short panel discussion covering one question/topic each Wednesday night. This will be made up of three women with experience and biblical knowledge in the topic addressed - answering questions that you have emailed to us in the previous weeks. The questions can range from personal godliness to homes, marriages, evangelism, parenting, internet, etc. - any topic of interest to you.
- ❖ *Women in the Word* will be the bible study discussion portion of the evening with a leader guiding discussion and adding points where they apply to the lesson. The lessons will take approximately 15-30 minutes a day and will cover an average of 2 chapters per week in the book of Luke.
- ❖ *Caring Women* is the last portion of the evening with the large group breaking into smaller groups for a time of prayer, encouragement, accountability, and/or Scripture memory. This is a time to connect and grow close with a smaller group of women and encourage one another in our Christian growth.

Please join us in September for this rich time of study and encouragement! Registration will begin in August and the schedule will follow the AWANA schedule for the fall. Please feel free to invite friends from within and outside the church. It will be an excellent introduction to inductive bible study. *We hope to see you in September!*

Summer Meal Ideas

- ❖ Grilled Chicken Fajitas
- ❖ Honey Mustard Chicken Sandwiches
- ❖ Fruit Kabobs
- ❖ Ginger-Glazed Salmon
- ❖ Grilled Chicken Salad
- ❖ Summer Fruit Pudding
- ❖ Tomato Cucumber Salad
- ❖ Penne with Beef and Argula
- ❖ Summer Squash and Corn Pasta
- ❖ Pasta with Tomatoes and Fresh Mozzarella
- ❖ Hot Fudge Ice Cream Bar Dessert
- ❖ Greek Potatoes
- ❖ Roasted Asparagus
- ❖ 88 Calorie Brownies
- ❖ Strawberry Mint Salad
- ❖ Zucchini Fettuccini
- ❖ Peachy Coconut Smoothie

For complete recipes, visit the Girl Talk Blog at www.girltalkhome.com/blog/summer_meals2

Summer Fun with Family

- ❖ **Little Rock Zoo**, go to www.littlerockzoo.com for hours and admission.
- ❖ **Magic Springs/Crystal Falls**, Arkansas' Theme and Water Park in Hot Springs, open May-September. Visit www.magicsprings.com.
- ❖ **Imax/Aerospace Education Center**, fun educational movies for the family. Visit www.aerospaceed.org.
- ❖ **Arkansas Museum of Discovery**, hands-on and fun exhibits for children of all ages. Go to www.amod.org.
- ❖ **Wild River Country** in North Little Rock, visit www.wildrivercountry.com for hours and admission.
- ❖ **The Big Dam Bridge**, the world's longest pedestrian and bicycle bridge built. Located over Murray Lock and Dam.
- ❖ **Summer Movies** - Enjoy discounted family movies this summer at the Chenal 9, Lakewood 8 and Tinseltown Theaters. **FREE** movies in Bryant at Midtown on Friday Nights at 8 p.m. For info, go to www.midtownbryant.com.
- ❖ **Peabody Park**, located in the Riverfront Park. Check out www.rivermarketinfo.com for more information.



19111 Cantrell Road
Little Rock, AR 72223

^{BCLR}
Women's Ministry

*Fall Bible Study
information inside!*