

Speak Life or Death—You Choose

Lessons From the Lord's Brother Season 2

Core Message: The words we speak have spiritual power, shaping not only our relationships but also the direction of our lives. Drawing from James chapter 3, Rabbi Schneider teaches that taming the tongue is essential to growing in holiness and experiencing God's presence. He emphasizes that our words should be driven by the Holy Spirit, not restlessness or anxiety, and that both the content and spirit of our speech matter. Speaking out life leads to light and peace; speaking out negativity brings darkness and harm to ourselves and others.

Main Bible Verses (NASB):

Core Memory Verse: (James 3:2) "For we all stumble in many ways. If anyone does not stumble in what he says, he is a perfect man, able to rein in the whole body as well."

- **(James 3:3-4)** "Now if we put the bits into the horses' mouths so that they will obey us, we direct their whole body as well. Look at the ships too: though they are so large and are driven by strong winds, they are nevertheless directed by a very small rudder wherever the inclination of the pilot determines."
 - **(James 3:5-6)** "So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire! And the tongue is a fire, the very world of unrighteousness; the tongue is set among our body's parts as that which defiles the whole body, and sets on fire the course of our life, and is set on fire by hell."
 - **(James 3:7-8)** "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 among mankind can tame the tongue; it is a restless evil, full of deadly poison."
 - **(James 3:9-10)** "With it we bless our Lord and Father, and with it we curse people, who have been made in the likeness of God; from the same mouth come both blessing and cursing. My brothers and sisters, these things should not be this way."
 - **(Philippians 4:8)** "Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things."
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Key Points (Fill-in-the-Blank):

- "If we can keep our _____ in order, we control the entire momentum and movement of our soul."
- "If there's not a good _____ behind what we say, we should just keep our mouth shut."
- "We have to be so aware of the _____ that's coming out from us."
- "Many of us are not comfortable when there's _____ in the room."
- "If we want the words that we speak to have _____, our words need to be measured."
- "As you control your tongue, you're going to lift the people up around you to a new level in God's _____."
- "This is not a prescription of condemnation... this is a prescription for _____."

Notes:

(Use lines below for personal notes)

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Reflection Questions:

1. In what ways have your words recently influenced your spiritual life or your relationships with others?

2. Are there situations where you've spoken out of restlessness or anxiety? What could you do differently?

3. How can you more excellently align your speech with the Holy Spirit's leading this week?

4. What steps can you take to monitor the motivation and energy behind your words?

5. How aware of your spoken words have you previously been? What emotions might be driving your words in the many words you speak each day?

Application Challenge of the Week:

Application Challenge of the Week: Each day this week, pause before speaking and ask: “Is this coming from the Spirit or from my flesh?” Only speak when your words bring life and reflect God's heart.

Prayer Prompts:

- "Ask God to help you speak only words that build up and bless."
- "Confess any areas where your words have brought harm or darkness."
- "Invite the Holy Spirit to guide both your words and your silence."

“The Lord bless you and keep you; the Lord cause His face to shine on you and be gracious to you. The Lord lift up His face to you and give you peace.” Numbers 6:22-27 (