



Welcome to Day Four of One-Week Workout! You will need a lot of energy today because we will be battling an old enemy-our tongues. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: \_\_\_\_\_

Please read James 3:1-18

**What is the key to controlling our whole body (verse 2)?**

There is a direct connection between our words and our actions. Why is the connection? The heart. The Bible teaches what is in the heart will come out on the tongue. In addition, If something is in our heart it will be made manifest in our actions.

**Who can control the tongue (verse 8)?**

No *man* can control the tongue, but God can. Pray for His help!

Please fill in the blanks:

**According to verse 9 we can use our mouths to \_\_\_\_\_ or \_\_\_\_\_.**

Into every situation you face today you have the choice of speaking words of blessing or curses.

**Name a situation that needs the blessing of God.**

**Look at verses 15-18 again. Name two types of wisdom we have access to:**

**How will you know that you are operating in the wisdom that is from above?**

**Want an extra challenge? Write chapter 3 in the back of your Bible Journal!**

Thank you for joining us today. See you on Day Five!

By Mary Kane  
[www.onlybyprayer.com](http://www.onlybyprayer.com)

All rights reserved. Copyright 2014.  
[www.onlybyprayer.com](http://www.onlybyprayer.com)