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*Saint Mark's Church  
Sunday School*

## **Sins of Tongue Code: 9/SP/6**

### **1. General Aims of the unit**

To live and practice the spiritual life according to the basics of our bible and the traditions of the church.

### **2. Special aims of the lesson**

1. To illustrate the value of our tongue and its relation to our brain and heart.
2. To highlight the teaching of our Lord about tongue ( Matt.12:35-37 ; Luke 6:45) , and the Apostles ( James 1:19 , 26 , 3:2-12 ; Col.4:6)
3. To investigate the goodness that comes from the tongue.
4. To elaborate about the sins of tongue and the rewards of these sins. [Lying –swearing-insulting others –cursing-judging others- loquacious person.... ]
5. To explore how to change the tongue from an evil tongue under the devil’s control, to a blessed tongue under the control of the Holy Spirit.

### **3.Outcomes**

#### **By the end of this lesson the teens are able to:**

1. Debate the different types of sins of the tongue.
2. Interrelate the blessed tongue to the new person we received in baptism
3. Write different prescriptions to have victory over the major sins of tongue.
4. Repent and confess of the sins of his/her own tongue and record his victory on his/her spiritual notebook or diary.

### **1. Verses:**

Luke 6:45 ; Matt. 12:35-37

### **5. References:**

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|--|--------------------------------------|
| 1. The Paradise of the Spirit / Part I     | H.G.Late Anba Youanis.               |
| 2. Explanation of the Epistle of St. James | Rev.Fr. Tadros Y. Malaty             |
| 3. The Spiritual war fares (2)             | H.H.Pope Shenouda III                |
| 4. The sins of tongue                      | SUS program-grade 8- December - Wk.4 |

## **Lesson Outline**

### ***The Tongue***

The tongue is a muscular organ in the mouth. Thousands of taste buds cover the surface of the tongue. Taste buds are collections of nerve-like cells that connect to nerves running into the brain.

The tongue is vital for chewing and swallowing food, as well as for speech.

The four common tastes are sweet, sour, bitter, and salty. The tongue has many nerves that help detect and transmit taste signals to the brain. Because of this, all parts of the tongue can detect these four common tastes.

The focus of this lesson is the use of our tongue for speech, and having a deeper understanding and application of the Bible as to what consideration we should apply for each and every time we use our tongue to speak.

It is important that we understand that the content of the speech that comes out of our mouths depends on what our life experiences have been and what we have fed into our mind and heart.

The relevant formula here is: Garbage in = Garbage out. This also applies in converse.

### ***What our Lord Jesus says in the Bible***

#### **Matt 12:33-37**

<sup>33</sup> "Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by *its* fruit. <sup>34</sup> Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. <sup>35</sup> A good man out of the good treasure of his heart<sup>[g]</sup> brings forth good things, and an evil man out of the evil treasure brings forth evil things. <sup>36</sup> But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. <sup>37</sup> For by your words you will be justified, and by your words you will be condemned."

#### **Luke 6:45**

<sup>45</sup> A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart<sup>[g]</sup> brings forth evil. For out of the abundance of the heart his mouth speaks.

#### **James 1:19**

<sup>19</sup> So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; <sup>20</sup> for the wrath of man does not produce the righteousness of God.

#### **James 1:26**

<sup>26</sup> If anyone among you<sup>[b]</sup> thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion *is* useless.

#### **James 3:1-12**

<sup>1</sup> My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. <sup>2</sup> For we all stumble in many things. If anyone does not stumble in word, he *is* a perfect man, able also to bridle the whole body. <sup>3</sup> Indeed, <sup>4</sup> we put bits in horses' mouths that they may obey us, and we turn their whole body. <sup>4</sup> Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. <sup>5</sup> Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! <sup>6</sup> And the tongue *is* a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. <sup>7</sup> For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. <sup>8</sup> But no man can tame the tongue. *It is* an unruly evil, full of deadly poison. <sup>9</sup> With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. <sup>10</sup> Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. <sup>11</sup> Does a spring send forth fresh *water* and bitter from the same opening? <sup>12</sup> Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.

#### **Col 4:6**

<sup>6</sup> *Let* your speech always *be* with grace, seasoned with salt, that you may know how you ought to answer each one.

#### ***Story on the boy with the bad temper***

There was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, to hammer a nail in the back fence.

The first day, the boy drove 37 nails into the fence. Then it gradually dwindled.

He discovered it was easier to hold his temper than to drive nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father about it, and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed, and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, and I am proud of you. Now look at the holes in the fence. It will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."

Yet, we so easily verbally wound those around us.

The tongue is such a small part of the body and yet so incredibly powerful for both good and bad.

A verbal wound can hurt as much as a physical wound. This is because the wrong words at the wrong time can ruin everything.

At the same time, the right words at the right time can change everything.

#### ***Our Challenge this year***

Our challenge is to consider the impact of our words in the coming days, and over this year. Things to consider include:

- Does this need to be said?
- If it does need to be said, how can I say it well without harm?
- How would I feel if someone said to me what I am about to say or just said?

- Are there words I have inflicted upon someone that I need to clean up? Even if the scars won't disappear, the right words now may heal the wound.

- If I have hurt someone with my words, have I taken it seriously, repented and confessed my sin? This even includes just participating in the spread of gossip and rumour (some Christians have left the Church because they were hurt by gossip spread by others!)

It has been said that if you who can conquer your tongue, you can conquer just about anything.

May God give us the power to be victorious in controlling our tongue, and to use it for the Glory of His Name, in praising Him and serving Him with this most powerful armour He has given us.

Glory be to God forever, Amen.