

Ever said something you wish you hadn't?

- e.g Boris Johnson's 'suicide vest' last week
- but lots of other e.g.'s in our lives

James a direct communicator, not least here:

'No-one can tame the tongue'

– particular problem in the church James was addressing

### Advice

1. 'Out of overflow of mouth' – beware separation of thought, word and deed
2. Quick to listen, slow to speak (James 1)
3. Competitiveness – insecurity – then contrast peacemakers v18

Good lead in today – Go4th also about what we *say* as well as what we do.