

# Session Four: Worshipping Inspires Our Everyday Speech

## Aim

To explore how gathered worship can shape the words we say and think everyday in more Christ-like ways.

## Materials

Bibles

## Core Text

James 5:13–18

## Feedback (optional)

Did anybody have a go at doing the Examen? How did it go?

## Introduction 10 MIN

Think about one or more of the situations below. What kind of conversation would you be most likely to have with the other person?

- A family member, let's call him Sean, has a reputation for being unreliable, and one day he forgets to pick you up from the train station. Another family member comes to pick you up and on the journey home brings up the subject of Sean's reliability.
- You're having coffee with a work colleague. The boss you both share is unpredictable and has a tendency to lash out when under stress... which seems to be quite often. You're both usually on the receiving end.
- You're waiting at the school gate with a parent of a child in the same class as yours. You're concerned about what's going on in the classroom as their newly qualified teacher seems to be struggling with a small group of disruptive children in the class.

In this session, we will be looking at a short passage in James and then thinking about how this connects to our Sunday worship. James's letter talks a lot about how we respond to a whole range of circumstances: testing times, temptations, encountering people in need, power struggles within church communities, conversations that hold the potential for conflict, recognising sin in ourselves, recognising sin in others, and more besides. Pretty much every response we make involves words, whether we say them out loud or keep them quiet; whether we say them to ourselves, to others or to God. Pound for pound, James probably talks about these responses to day-to-day situations more than any other book in the Bible.

**Video (optional)**   5 MIN

Watch Video Four: Worshipping Inspires Our Everyday Speech

**Available at: [licc.org.uk/wholelifeworship](https://licc.org.uk/wholelifeworship)**

Easy Access available at <https://vimeo.com/channels/wlwbmont2019>

- What struck you as you watched the video?

**“Words which do not give the light of Christ  
increase the darkness.”**

—

**Mother Teresa**

## Bible Study 45 MIN

### *Read James 5:13-18*

In his letter, James builds on and applies teaching found in books like Proverbs and the gospels, which reveal a close link between our hearts and the words we speak (cf. Proverbs 15:28, Luke 6:45). Genuine faith shapes the direction of actions and words. This connection between our hearts and our words is two-way: our words reveal something of what is in our hearts, and our words, for better or worse, have the power to shape our hearts (and the hearts of others).

### *Take a look at James 4:1-6*

- What is the danger of always speaking the words that are in our heads and hearts?
- Do we find ourselves regularly complaining, or speaking words that betray a sense of anxiety or fear? What might this say about what is happening in our hearts?

### *Now look at James 5:13-18*

Here, we are presented with a new way, God's desired way, of responding to a number of circumstances.

- In what ways do these godly responses build faith and grow community? How do they contrast with the responses you looked at in 4:1-3?
- Looking at the various responses in 5:13-15, which one do you think comes most easily? Which one do you think would feel the most unnatural?
- Why do you think it might be important to respond in these ways, even when you don't feel like it?

## Looking Ahead 15 MIN

- As we have already seen, the condition of our hearts shapes the words that we say. What things get said or sung in your church services that condition your heart to respond in a more godly way to the circumstances of life?
- How might the conversations you've had in the group in this session impact your worship on Sunday?
- Is there a particular situation that you are facing where you would like to respond differently than usual?

Have one or two people in the group read out the words which are not in bold. Everyone else reads the words that are in bold. After you have encouraged one another with these words, pray that by God's Word and Spirit, he will continue to condition your hearts through worship to enable you to respond and speak well in your daily lives.

Are you in trouble?

**Go ahead and speak to God!**

Go ahead and pray.

Are you happy?

**Go ahead and speak to God!**

Go ahead, sing songs of praise.

Are you ill?

**Go ahead and speak to God!**

Call friends over to pray for you.

Do you have faith?

**Go ahead and speak to God!**

He will make you well.

Have you done wrong?

**Go ahead and speak to God!**

He will forgive you.

Do you have brothers and sisters in Christ?

**Go ahead and speak to God!**

Speak to God for each other.

Are you forgiven and right with God?

**Go ahead and speak to God!**

Your words will be powerful and effective.

Elijah was a human being, just like you and me. He went ahead and spoke to God, asking for it not to rain. It did not rain for three and a half years! Then, he went ahead and spoke to God and it started raining again, and the plants started growing again.

So, whatever is going on in our lives, what should we do?

**Go ahead and speak to God!**

## Takeaway

In the next church service that you attend, keep your eyes and ears open for words that will condition your heart, making you more likely to respond well to situations on your frontline. Perhaps you could talk about what you notice with someone from your group at the end of the service or when you next meet?