





² For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body.



³ If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well.





⁴ Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs.





⁵ So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire!





⁶ And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.



⁷ For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, ⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison.



⁹ With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God.





 ¹⁰ From the same mouth come blessing and cursing. My brothers, these things ought not to be so.
¹¹ Does a spring pour forth from the same opening both fresh and salt water?



¹² Can a fig tree, my brothers, bear olives, or a grapevine produce figs? Neither can a salt pond yield fresh water.











The destructive power of words:

they can tear down everything that is most meaningful to us









The constructive power of words:

they can create a new and better future









How to change our words:

the Word









