

How to Use This Study on Taming the Tongue

There are **10 devotionals** in this study. I'd recommend doing them as a family but you can have your older children do them for their own personal devotions if you'd like.

This study is specifically geared for **ages 3-12**, but any member of the family can learn from it! I needed to narrow down my information and so I'm zeroing in on this age level specifically because that's often when many of these issues with speech, controlling the tongue and heart attitude seem to show themselves.

We have used this with our 8 and 10 year old and they have greatly enjoyed it. Our 5 year old also has been listening in and is able to do some of the activities like the coloring sheets and crafts. Our 3 year old does the coloring pages and is (hopefully) absorbing some of what she is hearing when we read the devotionals!

What is of note about this devotional study is that I strive to keep Scripture verses used in the context in which they are written. This is so essential to a correct understanding of the Word and how it applies to our lives.

You can choose to use this study over however much time works for you. Your children can do this on their own or you can do it with them! It is worded in a way that is child-friendly. Maybe you'll do one a week and practice the Bible verse for that devotion throughout the week. If you want to go ten days strong, that's great too! It's meant to be flexible.

It takes about 10 minutes to do each lesson, and a bit longer if you incorporate the copywork, coloring pages and extra crafts.

DAY 2

Open in prayer of choice

Bible Verse:

He who guards his mouth and his tongue guards his soul from trouble. Proverbs 21:23

Devotional:

Have you ever heard of the Queen's Guard? This is the name given to the infantry and cavalry soldiers charged with guarding the royal residences of the reigning Queen (or King) in the United Kingdom.



[\(click here for more photos of them in action!\)](#)

The Queen's Guard works around the clock. They are extremely vigilant and it is impossible to distract them and divert their attention. Many people have tried to get the soldiers to leave their post, or laugh or even speak and have not had any luck! They take their job very seriously because it is their life's work to protect Queen Elizabeth and

other royal members of the British monarchy from any kind of threat or harm.

As you think about the Queen's Guard, consider how this relates to guarding your mouth and tongue. It is a learned discipline that requires our utmost attention. We need training to be able to guard our mouth and tongue well.

When we've received that training (learning what God's Word says about it) we then must put it into practice for our training to bring success and be effective. Imagine the chaos that would ensue if the man on Royal Guard walked away to have lunch and go take a nap, leaving the Queen vulnerable.

In the same way, we are called to actively guard our mouth and tongue rather than leaving ourselves vulnerable to say things that are not glorifying to God or that wound our friends or family members.

This is possible because the Holy Spirit can bring to mind verses that we've learned on this topic (like you're doing in this study!) which remind us to stand our ground and remain diligent. God's Word is our fortress and protector and God can help us guard our mouths, which in turn keep our soul from being so troubled over our own words!

Activity:

After you've printed out the speech bubble page, cut out the second day's word: **guarded**. Paste it into a spot on your printable!

Color the Bible verse coloring page. Complete the copywork.

Make an "Armor of God" shield with cardboard or a paper plate and duct tape ([you can find the instructions here!](#))

Prayer:

Dear Lord, thank you for giving us the tools in the Word of God that can help us guard our tongues. Help make us diligent in guarding our words so that what we say brings glory to You. In Jesus' name, Amen.

Let the words of my mouth and the meditation of my heart
be acceptable in Your sight, O Lord, my rock and my
Redeemer. Psalm 19:14

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline.