

“Our Spiritual Thermometer”
James 3:2
Tuesday Bible Lunch
Tuesday, April 26, 2002

Introduction: A thermometer measures our temperature.

- 97 – 99 body temperature is normal
(normal is around 98.6)
- 100.4 is considered fever
- 103 and above is considered high
- 104 potentially dangerous
- 105 & up get medical attention

The other extreme is hypothermia (low body temperature).

- When your body temperature falls below 95F.
- You should contact your doctor

The way to know your body temperature is to check it with a physical thermometer.

- The Bible tells us that our spiritual thermometer is our tongue.
- James 3:2 says, “If anyone can control his tongue, it proves that he has perfect control over himself in every other way” (LB).
- The NKJ sheds additional light on this.

“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” (James 3:2).

- “We all stumble in many things”
- The one area mentioned is our words.

- You would think it would say anger or pride or an unforgiving spirit or thoughts, etc., but it says “words.”
- Our words are our spiritual thermometer.

In James chapter 3, there are three illustrations of the power of the tongue (our words).

- The first two illustrate the ability of a small object to control a much larger object (3:3-4).
- The third illustration illustrates the ability of a small item to destroy a much larger item (3:5-6).

Illustration: Just a little flame can destroy a huge forest, a small misuse of the tongue can cause pain and agony. The November 2016 fire in the Smokey Mountains in east Tennessee is an example of this truth. Two juveniles playing with matches burned 17,900 acres, cost \$2B in damages and 14 deaths.

Life Application: Let me give you an acronym to help you with your words using the word “think.”

T – Is it true?

H – Is it helpful?

I – Is it inspiring?

N – Is it necessary?

K – Is it kind?

Conclusion: Your spiritual temperature will not always be 98.6, but make that your goal and ask God to help you reach it.