**Birmingham Bible Church**

**Series: Taming the Tongue**

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**Title: The Self-Deprecating Tongue**

**Definition:**tending or serving to disparage or undervalue oneself;

**(Merriam-Webster);** belittling or undervaluing oneself; excessively modest (Dictionary.com). Self-deprecation is the act of downplaying your positive attributes to the point you think less of yourself.

1. The Self-Deprecating Tongue is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* When a person thinks or speaks of themselves in a belittling or unworthy manner.
* Self-deprecating words are all the mean, ugly, devaluing things that you say to yourself.  They are negative thoughts.  They are things we think about ourselves, but rarely say in public.

**7 “**For as **he thinketh in his heart, so is he**:”

**Proverbs 23:7 (KJV)**

1. The Self-Deprecating Tongue is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Humility is the act of being humble or modest.
* Self-deprecation is when you under value yourself and your abilities. It can have long-term effects on your self-worth as well as your relationships.

1. The Self-Deprecating Tongue \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**10**Moses said to the Lord, “Pardon your servant, Lord. I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue.”

**11The Lord said to him, “Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord?** **12**Now go; I will help you speak and will teach you what to say.”

**Exodus 4:10-11 (NIV)**

How to combat the self-deprecating tongue:

1. Remove the negative labels that others call you or that you call yourself.

“I praise you because **I am fearfully and wonderfully made**;  
     your works are wonderful,  I know that full well.”

**Psalms 139:14 (NIV)**

1. Renew your mind.

“Finally, brothers and sisters, whatever is true, whatever is **noble,** whatever is **right,** whatever is **pure**, whatever is **lovely,** whatever is **admirable**—if anything is excellent or praiseworthy—**think about such things**.”

**Philippians 4:8 NIV**

**2 “**Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

**Romans 12:2 (NIV)**

1. Reject the spirit of inadequacy.

**20 “**Now glory be to God, who by his mighty power at work within us is **able to do far more than we would ever dare to ask or even dream of**—infinitely beyond our highest prayers, desires, thoughts, or hopes.”

**Ephesians 3:20 (TLB)**

1. Resolve to walk in confidence.

**13 “I can** do all this through Him who gives me strength.”

**Philippians 4:13 (NIV)**

Answer key:

1. The Self-Deprecating tongue is developed in the mind.

1. The Self-Deprecating tongue is disguised as humility.
2. The Self-Deprecating tongue displeases God.

*Prayer*

*Lord, I submit to you and declare according to the word of God, that I am fearfully and wonderfully made. I take hold of every negative thought that I am flawed and a failure and I bring it under subjection to the word of God. I pull down the stronghold of unbelief that exists in my mind and bring it captive to Christ. I can do all things through Christ who gives me strength. In Jesus ’s name, Amen!*

**Small Group Guidelines**

1) Keep your sharing focused on your thoughts and feelings.

2) Each person is free to express feelings without interruption.

3) We are here to support one another. We will not attempt to fix one another.

4) Privacy and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to harm themselves or others. If that is shared, contact Pastor Mason or Lady Pam immediately.

**Discussion Questions:**

1. Read the following passages and name a weakness or limitation each biblical hero indicated. How did God respond to Gideon’s self-deprecating behavior?
2. Gideon (Judges 6:11-16 NIV)

**11**The angel of the Lord came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites. **12**When the angel of the Lord appeared to Gideon, he said, “The Lord is with you, mighty warrior.”

**13**“Pardon me, my lord,” Gideon replied, “but if the Lord is with us, why has all this happened to us? Where are all his wonders that our ancestors told us about when they said, ‘Did not the Lord bring us up out of Egypt?’ But now the Lord has abandoned us and given us into the hand of Midian.”

**14**The Lord turned to him and said, “Go in the strength you have and save Israel out of Midian’s hand. Am I not sending you?”

**15**“Pardon me, my lord,” Gideon replied, “but how can I save Israel? **My clan is the weakest in Manasseh, and I am the least in my family.”**

**16The Lord answered, “I will be with you, and you will strike down all the Midianites, leaving none alive**.”

1. Jeremiah (Jeremiah 1:5-10-NIV)

The word of the Lord came to me, saying,

**5**“Before I formed you in the womb I knew you,  
     before you were born I set you apart;  
     I appointed you as a prophet to the nations.”

**6**“Alas, Sovereign Lord,” **I said, “I do not know how to speak; I am too young.”**

**7**But the **Lord said to me, “Do not say, ‘I am too young**.’ **You must go to everyone I send you to and say whatever I command you. 8Do not be afraid of them, for I am with you and will rescue you,” declares the Lord**.

**9**Then the Lord reached out his hand and touched my mouth and said to me, “I have put my words in your mouth. **10See, today I appoint you over nations and kingdoms to uproot and tear down, to destroy and overthrow, to build and to plant.”**

1. Describe one of your perceived limitations that has kept you feeling inadequate or unqualified to pursue a certain endeavor. How should you respond to this thought?
2. Explain the difference between humility and self-deprecation.
3. What negative label has someone imposed upon you? What scripture did you hear today that helped you remove this negative label?