James 1:26-27 If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless. 27 Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

I. Do we control our speech?

“A man may go through all the outward motions of religion (e.g., attending worship services, observing Christian sacraments, giving to the church), but if sinful patterns (e.g., gossip, coarse joking, spiteful words) characterize his speech, then his religion is exposed as an empty shell.”

— Robert Plummer

James 3:2 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.

That is, we are not without fault. Are we humble? Do we repent? Do we correct course?

II. Do we care for those in need?

Isaiah 1:15-17 — When you spread out your hands, I will hide my eyes from you; even though you make many prayers, I will not listen; your hands are full of blood. 16 Wash yourselves; make yourselves clean; remove the evil of your deeds from before my eyes; cease to do evil, 17 learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow’s cause.

Ps. 68:5 — Father of the fatherless and protector of widows is God in his holy habitation.

III. Are we stained by the world?