

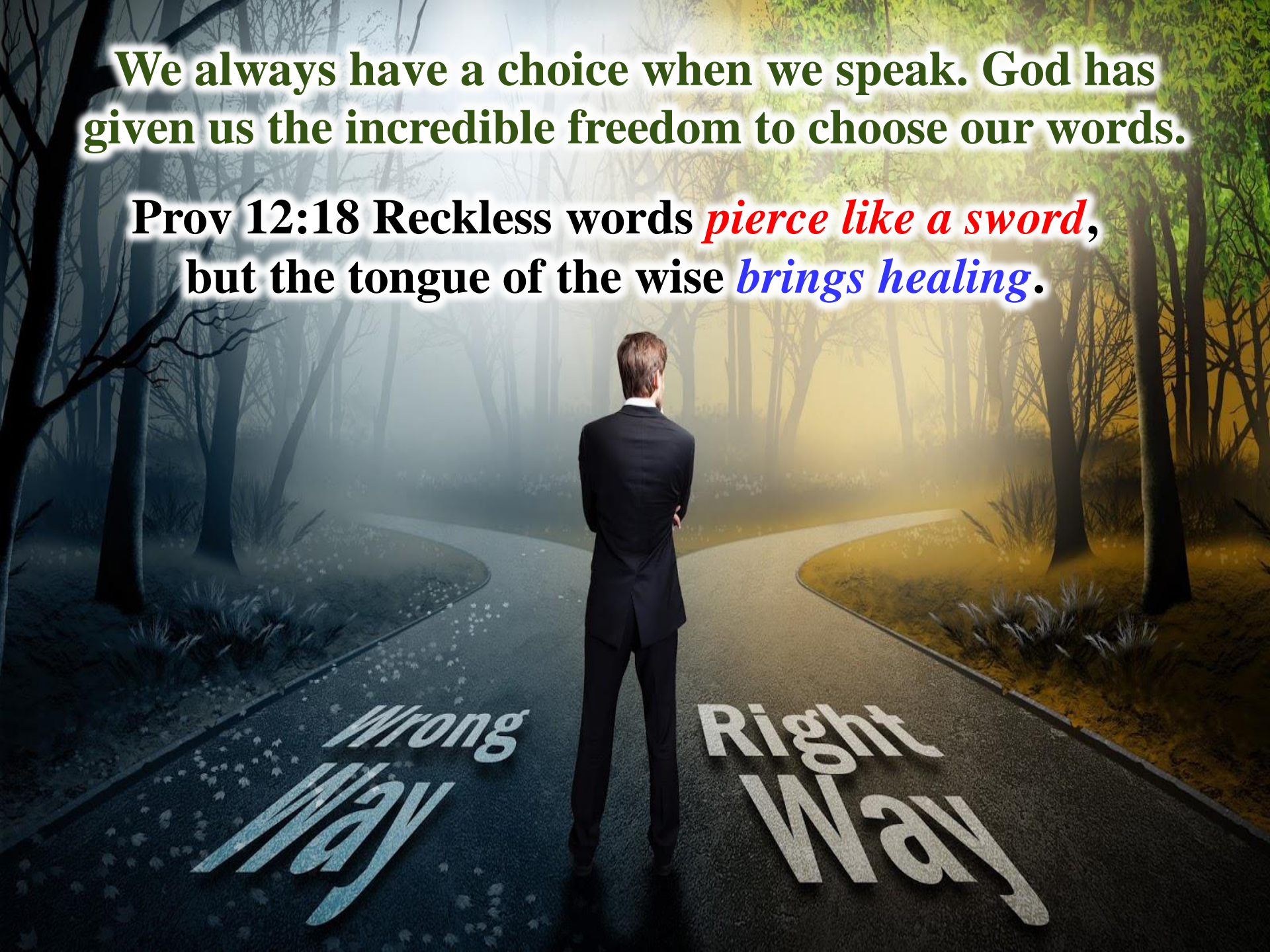


Prov 18:21 Death and life are in
the *power* of the tongue,

Which one do YOU feed?

We always have a choice when we speak. God has given us the incredible freedom to choose our words.

Prov 12:18 Reckless words *pierce like a sword*, but the tongue of the wise *brings healing*.





OUT OF THE
ABUNDANCE OF

The Heart
the mouth speaks.

— Matthew 12:34



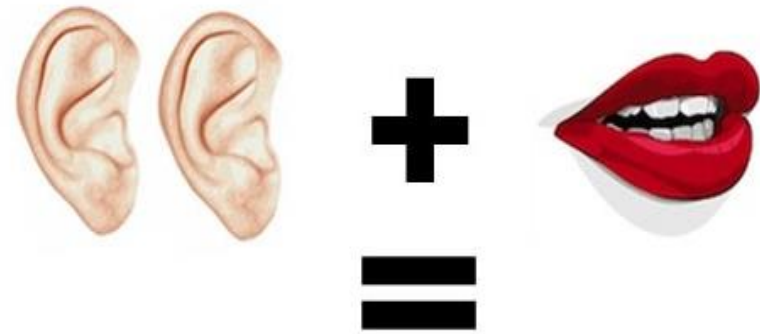
JIM &
ELIZABETH
GEORGE

Controlling the Tongue

1. **LISTEN** *more than you speak*

James 1:19 But everyone must be **quick to hear**, slow to speak,

Abraham Lincoln said, "It is better to **remain silent** and be thought a fool, than to open your mouth and **remove all doubt**."



LISTEN

We have two ears and one mouth so that we can listen twice as much as we speak.
Epictetus

Prov 10:19 When there are many words, transgression is unavoidable, But he who **restrains his lips is wise**.

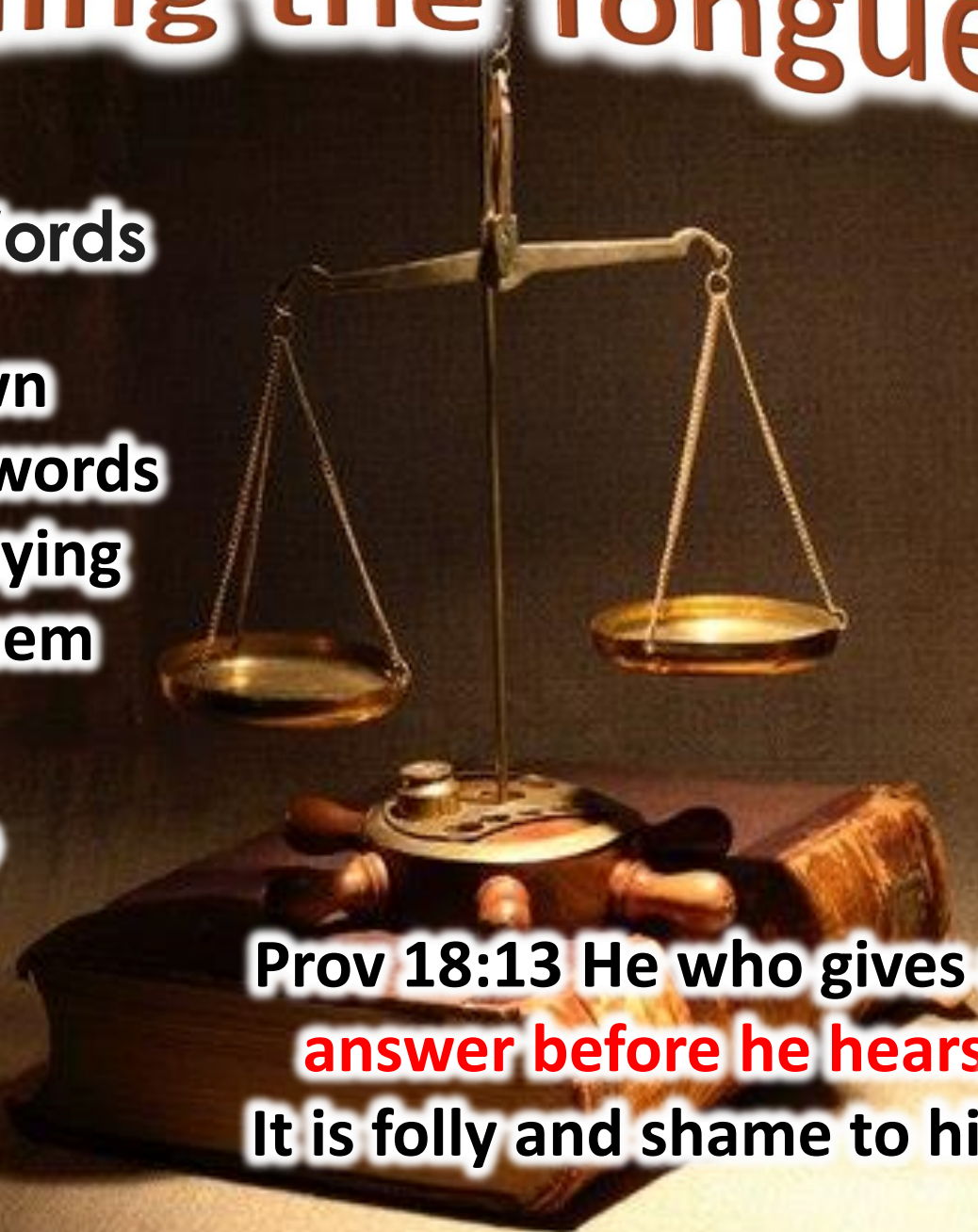
Controlling the Tongue

2. WEIGH Your Words

Examine your own motives behind the words that you feel like saying **BEFORE** you say them

Prov 21:23 He who guards his mouth and his tongue, *Guards his soul* from troubles.

Prov 18:13 He who gives an **answer before he hears**, It is folly and shame to him.

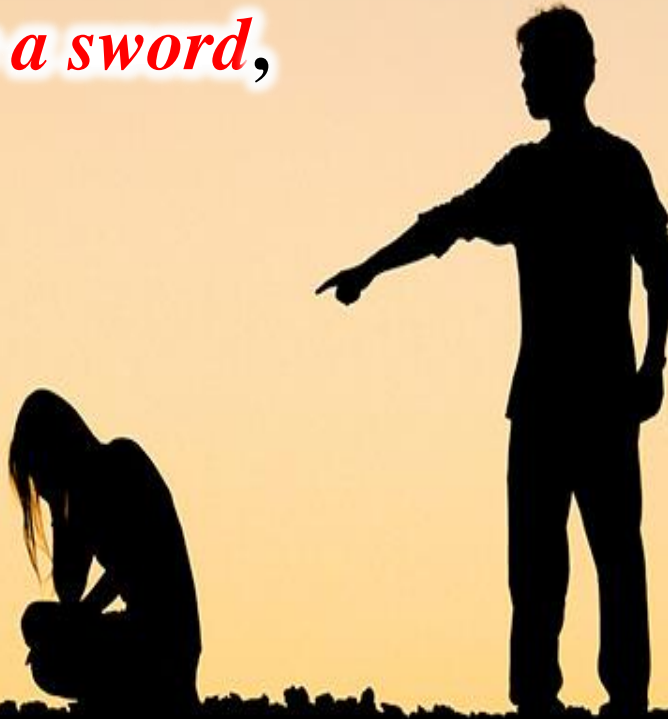


Controlling the Tongue

3. Know the **POWER** of Your Words

Prov 12:18 Reckless
words *pierce like a sword*,

We can bring
discouragement,
frustration, and
pain into the
lives of people
around us.



Making *sharp cuts* into the
soul of our
friends and
neighbors
when we
speak
thoughtlessly.

BEC/Barnes

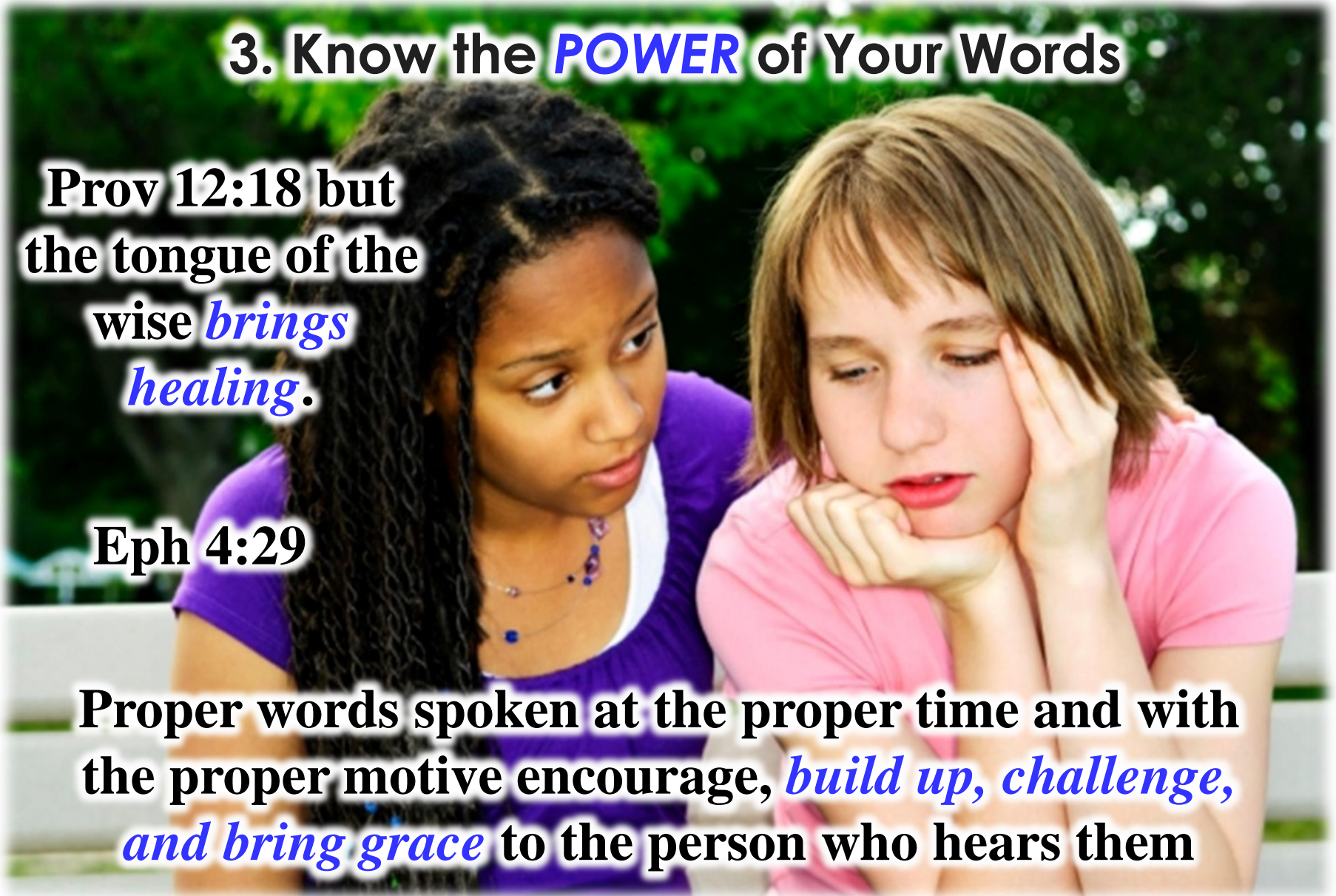
Controlling the Tongue

3. Know the **POWER** of Your Words

Prov 12:18 but
the tongue of the
wise *brings*
healing.

Eph 4:29

Proper words spoken at the proper time and with
the proper motive encourage, *build up, challenge,*
and bring grace to the person who hears them



Controlling the Tongue

A person's hands are shown holding a small, young tree with green leaves. The hands are cupped around the base of the tree, which is still in its soil. The background is a clear blue sky with some light clouds. The overall image conveys a sense of care, growth, and responsibility.

4. Assume *responsibility* for every word you speak.

Matt 12:36 But I tell you that every careless word that people speak, they shall give an *accounting* for it in the day of judgment.

Jesus warned that our words are so important that they will *actually determine* our condemnation or justification.

Controlling the Tongue



5. Learn/Continue to speak words that will encourage, comfort...

Col 4:6 Let your speech always be with grace, as though **seasoned with salt**, so that you will know how you should respond to each person.

In that day, salt was used as a preservative as well as a seasoner.

We must put the salt into our speech to make sure it is pure and **properly seasoned**

T - Is it true?

H - Is it helpful?

I - Is it inspirng?

N - Is it necessary?

K - Is it kind?



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