

Before you speak:  
**T**HINK  
**T** – Is it True?  
**H** – Is it Helpful?  
**I** – Is it Inspiring?  
**N** – Is it Necessary?  
**K** – Is it Kind?

## “Oh Be Careful little Mouth What You Say!”

**Hebrews 4:12**, “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

**Psalm 19:14**, “Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer.”

**Psalm 59:12**, “For the sins of their mouths, for the words of their lips, let them be caught in their pride. For the curses and lies they utter,…”

*“This year I will widen my mouth, I will run and not grow weary, I will walk and not faint. I will widen my mouth to prophesy the Word of the Lord in wisdom and to declare His goodness in the Land of the Living for He has made me to be the righteousness of Jesus Christ: the Son of God.”*

*“I am righteous in Christ Jesus and I shall not be moved by the tumult around me. By the Grace which I have been granted through Christ, I will bring the peace which He gave me to those I encounter. I declare Peace shall reign in my heart and the hearts of those God bring to me. I will widen my heart and the hearts of those God bring to me. I will widen my mouth to declare His Peace in the world.”*

*“Come, Holy Spirit! Kindle in me the fire of Your love and I shall be recreated in Your Truth. I will widen my mouth so that Your breath might flow through me and renew the face of the earth.”*

*“I will widen my mouth in prayer to You, O Lord! I will widen my mouth in repentance. I will widen my mouth against the lies and tactics of the enemy. I will widen my mouth to stand firm against the onslaught of hell against the gates of Your church. I will widen my mouth to pray for Your Bride, Your shepherds in the earth, all Your anointed ones. Grant me the Grace in prayer to stand firm until the Last Day.*

*“Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy, strengthen me, O Holy Spirit, to defend all that is holy. Guard me then, O Holy Spirit, that I always may be holy.”*

Augustine

**Psalm 141:3**, “Set a guard, O LORD, over my mouth; keep watch over the door of my lips!” (Defensive)

**Matthew 15:11**, “It is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person.” (Offensive)

**James 3:8**, “But no human being can tame the tongue. It is a restless evil, full of deadly poison.” (Spiritual concept)... Good vs. Evil

**Proverbs 18:21**, “Death and life are in the power of the tongue, and those who love it will eat its fruits.” (Physical, mental, and spiritual).

**James 3:5-6**, “So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.” (Damaging to the person spewing it out...and damaging to those that hear).

“He that hath an ear, let him hear what the Spirit is saying to the churches” Revelation

## *The Tongue Can Be One of the Greatest Tools for Blessing that God Ever Gave to Man.*

**With the tongue:**

... We can bless or we can curse man...and God.

*Let no corrupt thing come out of your mouth.... “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”*

**Words can lift...or they can harm.**

*The Holy Spirit is pleased when we are honest and upright, both with our fellowman and with our God. Dishonesty in any form grieves the Spirit of God.*

**The tongue can either be an unruly member or one by which we praise and bring glory to God.**

*“A wholesome tongue is a tree of life; but perverseness therein is a breach in the spirit” (Proverbs 15:4).*

*“Death and life are in the power of the tongue... (Proverbs 18:21a).*

**It is wise for us to remember that one day in judgment, God will recall all the things that we have said. Remember, there is great power in speech.**

*A doctor can tell much about the physical condition of a man or woman by looking at the tongue. When you go to see the doctor, he will say to you, “Stick out your tongue.” A healthy tongue is a good sign, but if it has a yellow or white coating, or has certain marks upon it, that is an indication of an unhealthy body.*

Sometimes I think the Lord says to us spiritually, “Stick out your tongue.”

As we stick it out, we ought to let the Lord sanctify it and make it holy.

**Mother used to quote this little tidbit...I bet yours did, too.**

“Be careful of the things you say, Keep them soft and sweet;  
For you never know from day to day which ones you will have to eat.”

**Even the method by which we are saved is by the tongue—speaking a confession.**

*“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved” (Romans 10:9).*

“But...the tongue can no man tame” ...part of James 3:8.

*God can tame the tongue...He gets into the spirit man.  
Then...the mind, thoughts and the physical body **line**  
up.*

**NOTE: It is still a choice people make. FREE CHOICE!**

*Proverbs deals with every kind of question man has in life! The question is after reading Proverbs...Will You Make the Right Choices?  
Someone might say, “But...How do you know which of the two or more choices is right?  
The Answer: Always...Always...That which your conscience controlled by the Holy Spirit tells you to do! So...let’s realize that we have a partner helping us in times where critical decisions have to be made.*

**With the tongue we can bless God...our fellowman...help another!**

**Or...We can disappoint God...our family...our friends...and ourselves.**

***YIELD YOURSELF TO BIBLICAL CONCEPTS AND PRECEPTS WHEN MAKING DECISIONS THAT AFFECT YOU AND YOUR FAMILY.***

**I choose to be blessed and be a blessing...What about you?**

**INTERJECTION: GOD HONORS A “**SP**IRIT OF EXCELLENCY.”**

**Success—Although people work very hard for money and fame, God views success as having a good reputation, moral character, and the spiritual devotion to obey Him. You choose what you see, hear, touch and think!**

- ✓ *A successful relationship with God counts for eternity, Everything else is perishable.*
- ✓ *All our resources, time, and talents come from God. We should strive to use them wisely.*

**One of the greatest statements in Proverbs concerning success is found in Proverbs 15:22, “Plans fail for lack of counsel, but with many advisers they succeed.”**

**Plan wisely, Play wisely, Pray wisely, Prepare wisely, Prove to be a wise servant of the Most High King!**

**AND ONE TO GROW ON...**

**PRAISE WITH A HUMBLE AND CONTRITE HEART AND YOU HAVE LEARNED TO PRAISE **WISELY!****

***Learn to listen and Listen to learn ...A wise and successful person listens, speaks, and acts with a committed spirit to honor God in all of his/her endeavors.***

*Our world today is not likely to go down in history as the age of thinking. It will probably go down as the "Age of Distraction." We live in a world of entertainment, i.e. television, movies, plays showing every kind of living (from spiritual to total debauchery)...Your choice, you choose; it's there! We also live where there is technological connectivity 24/7. This quick, even immediate connectivity to our social groups and the world in general has taken away the peaceful and tranquil idea of thinking and reflecting on the idea of making our world a better place to live. I suppose it is in the eyes, the ears, and the thinking of the beholder, but we seem to be distracted more today than the world of yesterday.*

*As to DEEP THINKING by society today, most people agree that there is not much personal interest in deep thinking about life, liberty, and the pursuit of happiness.*

***The Bible encourages a type of "deep thinking" that is very beneficial in this life—and even more in **PREPARATION** for the next life. According to the Word of God, God wants us to meditate and focus our thoughts on important things for an eternal purpose. He shows us how and why a follower of Christ should learn the art of biblical meditation.***

### ***Meditation of God's Goodness is Medication for the Soul of Man!***

***The Bible clearly embraces the idea and practice of meditation. Here are a few Scriptures supporting the simple pleasures of meditation.***

*Psalm 104:34, "May my meditation be pleasing to him, as I rejoice in the Lord."*

*Psalm 49:3, "My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding."*

*Psalm 104:34, "My meditation of him shall be sweet: I will be glad in the Lord."*

***Some great Christian scholars have emphasized the need to meditate. Here are some of the more prominent and useful quotes:***

*"An unschooled man who knows how to meditate upon the Lord has learned far more than the man with the highest education who does not know how to meditate." - Charles Stanley*

*"In place of our exhaustion and spiritual fatigue, God will give us rest. All He asks is that we come to Him...that we spend a while thinking about Him, meditating on Him, talking to Him, listening in silence, occupying ourselves with Him - totally and thoroughly lost in the hiding place of His presence." - Chuck Swindoll*

**Questions Gerald wants to know the answer:**

**Why do Walgreens and CVS Pharmacy make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?**

**Why do people order double cheeseburgers, large fries, and a diet coke?**

**Why do banks leave vault doors open and then chain the pens to the counters?**

**Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?**

**EVER WONDER...**

**Why the sun lightens our hair, but darkens our skin?**

**Why can't women put on mascara with their mouth closed?**

**Why is 'abbreviation' such a long word?**

**Why is it that doctors and attorneys call what they do 'practice'?**

**Why is the man who invests all your money called a broker?**

**Why didn't Noah swat those two mosquitoes?**

**You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff??**

**If flying is so safe, why do they call the airport the terminal?**