

4.27.2025

ME and My BIG Mouth

*“Keep your tongue from evil and your lips from telling lies.”
Psalm 34:13 (NIV)*

*“...On the day of judgement,
people will give account for every careless word they speak.”
Matthew 12:36 (ESV)*

- 1) Words **MATTER!**
- 2) Words are **POWERFUL!**
- 3) Words shape the **DIRECTION** and **QUALITY** of my life!

*“Those who consider themselves religious
and yet do not keep a tight rein on their tongues
deceive themselves, and
their religion is worthless.”
James 1:26 (NIV)*

Facts about Our Words:

1. All **WORDS** are not created equally.
2. All **SOURCES** are not regarded equally.
3. All **RECOVERY TIME** is not weighted equally.

How Do I Manage My Mouth?

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

“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.” James 1:19 (NLT)

2. **SEEK TO UNDERSTAND** and not just be understood.

“The purposes of a person’s heart are deep waters, but one who has insight draws them out.” Proverbs 20:5 (NIV)

3. **THINK** before you speak.

“Intelligent people think before they speak. What they say is then more persuasive.” Proverbs 16:23 (GN)

4. **SPEAK TRUTH** in gentleness and love.

“Instead, speaking the truth in love, we will grow to become in every respect the mature body of Him who is the head, that is, Christ.” Ephesians 4:15 (NIV)