

Controlling the Tongue

2018 NYR

Set a guard, O Lord, over my mouth; keep watch over the door of my lips! (Psalm 141:3)

How would you like to:

- Present a better testimony for Christ?
- Enjoy better relationships with your friends and family?
- Speak to and about the Lord in a way that pleases Him?
- Experience less stress, anxiety, and drama in life?

Answer: Learn to control your tongue, with God's help, and develop healthy habits of speech

1. So what does "tongue" mean besides that thing in your mouth?
 - a. Speech to others
 - b. Silent speech to yourself
 - c. Texts, Facebook posts, tweets and retweets, etc.
2. If we don't control it, it controls us
 - a. Tongue is the rudder that steers our ship James 3:4
 - b. Tongue can affect our whole life for bad ... James 3:6
 - c. ... or good James 3:2
 - d. Our hearts influence what we say ... Matt. 12:34
 - e. ... but using words with care can help to cleanse our hearts Col. 3:8

Do not	Do
Take the Lord's name in vain (in an empty or meaningless way) Ex. 20:7	Praise the Lord's name in a "full" way (Eph. 5:18b-21)
Swear oaths (Matt. 5:33-36)	Say "yes" or "no"
Use vulgar words (Col. 3:8)	Put on compassion, kindness, humility, meekness, and patience (Col 3:12)
Make unsuitable jokes (Eph. 5:4)	Give thanks
Speak of shameful things (Eph. 5:12)	Walk as children of light (Eph. 5:8)
Grumble and complain (Phil. 2:14)	Shine as lights in the world (Phil. 2:15)
Speak irreverently of the Lord (Heb. 10:29)	Honor Christ as holy (1 Pet. 3:15, Heb. 12:28)
Engage in "corrupting" talk (Eph. 4:29)	Build up (edify), give grace to those who hear.
Lie (Col. 3:9)	Tell the truth at all times, in all matters. Truth is a fundamental characteristic of the new self. (Col. 3:10)
Curse or insult others (James 3:9-10)	Show love and patience (Eph. 4:1-3)
Deny your faults (1 John 1:8)	Confess and repent (James 5:16)
Have an issue with someone? Tell everyone else.	Go to your brother or sister (Matt. 18:15) or forgive and forget

Two bad habits of speech I would like to lose are:

1.

2.

Two good habits of speech I would like to gain are:

1.

2.