

# The Power of your tongue

We often say things and don't worry about what will happen after. We say mean things to others without thinking, and we say mean things to ourselves. We do not understand the concept that the words we speak matter. Don't take my word for it, take the bibles, the inspired word of God.

*Fun fact:* There is over 120 passages in the bible about the tongue.

Let's take a look at some of them and what they mean.

**Proverbs 18:21 (nlt) says The tongue can bring death or life. Those who love to talk will reap the consequences.** Friends, this verse proves that we can bring life or death to any situation. The power of life and death comes from the tongue. We can either build up or tear down people or circumstances with it. Speaking life or death starts with how I speak to others, life circumstances, and myself. If we love to talk just to talk, we must be careful because how we speak is attached to consequences.

*Reflect:* If you had to evaluate the way you speak to others, your circumstances and yourself what would your conclusion be? Are you happy with how you speak or does it need some work? If it needs work, how?

**Psalms 141:3 (esv) says Set a guard, O Lord, over my mouth; keep watch over the door of my lips!** Have you asked the Lord to set a guard over your lips? This verse teaches that our lips are a door. A door lets things In and out. So, what are you letting in and out of your life with your lips? Do you need to ask the Lord to set a guard over your lips so only good speech flows from them?

**1 Peter 3:10 (esv) says, "Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit.** Everything in our lives is a result of how we speak. If we desire good things, we need to be speaking good things. If we desire a good marriage, then we need to be using good speech within it. If we desire a good relationship with a friend or co-worker, then it comes with how we speak. We build every relationship in our lives based on how we talk. It's that important. Are your relationships a good reflection of how you speak? If we start to speak lies and gossip, we can't wonder why lies and gossip find us. We have to keep control of our tongue and keep it from being deceitful.

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*Reflect:* Does your current relationships reflect your speech and how you speak? Is there a relationship you need to work on?

**Digging Deeper:** This week I was scrolling on tiktok and I came across a woman talking about relationships. She was specifically talking about a husband and wife relationship. The bible instructs us to respect our husbands and our husbands to love us. All of that starts with how we speak to each other. Are we speaking to our spouses in a way that we would speak in front of God?

**Ephesians 4:29 (nlt)** says **Don't use foul or abusive language. Let everything you say be good and helpful so that your words will be an encouragement to those who hear them.**

We shouldn't use unpleasant language. Our speech should be good and valuable to all who listen. It should be an encouragement to others that builds them up, not a hindrance that breaks them down.

**Proverbs 26:20 (nlt)** says **Fire goes out without wood, and quarrels disappear when gossip stops.** When we stop giving in to gossip, we can expect the disputes in our lives to fade away too. Like wood added to a fire will make the fire bigger, so do words that are added to a fight. But when you stop putting the wood in, the fire goes out. Gossip will result the same way in your life. When you stop speaking of it and about it, it will simmer down and disappear.

*Reflect:* Have you ever noticed this problem in your life? How did you put a stop to it? Or maybe you are in a similar situation now, if so, how will you handle it differently now that you know how to put the fire out?

*Extra Verses for digging deeper:*

Colossians 4:6  
Matthew 15:11  
Proverbs 10:19  
Proverbs 21:23  
Proverbs 31:26  
Proverbs 17:27-28

*What other verses can you find?*