

Have you ever found yourself wishing you could take something back you just said or made a commitment to do something and a moment later regretted it? One of the most popular pitfalls we fall into is saying the wrong thing.

## Avoiding The Pitfall Of Saying The Wrong Thing

*"He who guards his lips guards his life, but he who speaks rashly will come to ruin." Proverbs 13:3 (NIV)*

### 1. Always \_\_\_\_\_ Before You Speak.

Proverbs 13:19; 17:28; 20:25

*"Intelligent People think before they speak. What they say is then more persuasive." Proverbs 16:23 (GN)*

*"Those who are careful about what they say protect their lives, but whoever speaks without thinking will be ruined." Proverbs 13:3 (NCV)*

*"You will have to live with the consequences of everything you say."  
Proverbs 18:20 (GN)*

*"The tongue can kill or nourish life." Proverbs 18:21 (NLT)*

*"Reckless words pierce like a sword, but the tongue of the wise brings healing."  
Proverbs 12:18 (NIV)*

*"It is a trap for a man to dedicate something rashly and only later to consider his vows."  
Proverbs 16:23 (NIV)*

*"If you keep your mouth shut you will stay out of trouble."  
Proverbs 21:23 (NLT)*

### I Always Think Before I Speak

1 2 3 4 5 6 7 8 9 10

### 2. Always Speak The \_\_\_\_\_

Proverbs 7:1-3; 6:20-22

*"Someone who holds back the truth causes trouble." Proverbs 10:10 (GN)*

*"An honest answer is a sign of true friendship." Proverbs 24:26 (GN)*

\_\_\_\_\_ Is Never  
Better Than \_\_\_\_\_

*"In the end, people appreciate frankness more than flattery"  
Proverbs 28:23 (NLT)*

## I Always Speak The Truth

1 2 3 4 5 6 7 8 9 10

### 3. Always Speak The Truth \_\_\_\_\_

Proverbs 3:1; 4:4; 7:1-3; 29:11

*"Do you see a man who speaks in haste? There is more hope for a fool than for him." Proverbs 29:20 (NIV)*

*"Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal." Proverbs 12:18 (GN)*

*"Gentle words bring life and health." Proverbs 15:4 (NLT)*

*"An encouraging word cheers a person up." Proverbs 12:25 (NLT)*

## I Always Speak The Truth In Love

1 2 3 4 5 6 7 8 9 10

### The Pitfall Of Saying The Wrong Thing Is Not A \_\_\_\_\_ Issue But A \_\_\_\_\_ Issue

*"The things that come out of the mouth come from the heart." Matthew 15:18 (NIV)*

*"As water reflects a face, so a man's heart reflects the man." Proverbs 27:19 (NIV)*

### "A Heart Temperature Chart."

- An **ANGRY** mouth indicates a **HURT & HARSH** heart.
- A **NEGATIVE/CRITICAL** mouth indicates a **FEARFUL** heart.
- An **OVER ACTIVE** mouth indicates an **UNSETTLED** heart.
- A **JUDGMENTAL** mouth indicates a **GUILTY** heart.
- A **FOUL & DIRTY** mouth indicates an **IMPURE** heart.
- A **CRITICAL & BOASTING** mouth indicates an **INSECURE** heart.

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- An **ENCOURAGING** mouth indicates a **HAPPY** heart.
- A **GENTLE** mouth indicates a **LOVING & MERCIFUL** heart.
- A **HEALING** mouth indicates a **PEACEFUL & CONTENT** heart.
- A **CONTROLLED** mouth indicates a **SUBMISSIVE** heart.

*"Rid yourselves of all the offenses you have committed and get a new heart and a new spirit." Ezekiel 18:31 (NIV)*

# Personal Study - Growth Homework

## GETTING STARTED

When has your mouth gotten you in really deep trouble? What was one of your biggest bloopers or fibs? Why do we lie when we know it will only get us in trouble?

## TAKING A CLOSER LOOK

To take a closer look, read James 3:1-12 & James 1:26 before answering the following questions concerning the pitfall of saying the wrong thing & our mouth.

What similarity does a person's tongue have to a ship's rudder, a horse's bit and a spark that ignites a forest fire?

Why would James say the tongue corrupts the whole body? Do you agree or disagree? Why?

What do you think James is saying in James 3:9-12 – what is his point? Is our tongue a test of our relationship with God? Why or why not?

Proverbs has a lot to say about the tongue, our words and life. Take a look again and discuss what you hear these Proverbs saying?

Prov 10:20

Prov 15:2,4

Prov 17:4, 20

Prov 21:23

Prov 25:15

Prov 28:23

Prov 18:21

Prov 10:11, 14

Prov 15:4

Prov 31:8, 9

Prov 18:8; 26:22

Prov 24:26

Prov 16:28

Prov 11:13; 26:20

## DIGGING DEEPER

*“It’s easier to GET IN than it is to GET OUT.”*

*“COVER UP is never better than CONFRONTATION.”*

Do you agree or disagree with these? When and how have you found these to be true in your life? What happened?

Why do we tend to not say “no” when people, our children, friends ask us to do something we really don’t want to do? How does fear factor in? Isn’t it really lying? Why or why not?

When you were growing up how did your family deal with and response to problems and difficulty – confront or cover up?

In your opinion why do so many people cover up and avoid dealing with issues or situations in their life & relationship? Which do you tend to do? Why?

The Book of Proverbs instructs us to . . . (1) Always THINK Before We Speak, (2) Speak the TRUTH and (3) Always Speak The Truth IN LOVE.

Which of these is missing on your life and gets you in the most trouble? Which one needs the most work in your life?

What do you think Pr. 7:1-3 means?

Proverbs 28:23 & 10:10 says...*“In the end, people appreciate frankness more than flattery... Someone who holds back the truth causes trouble.”*

When is being straightforward and truthful hard for you?  
How & why do some people use this as a club?

## EXTRA CREDIT

At the end of the message there was a list of different kinds of hearts and how our words reveal our heart condition. Look again at the “Heart Temperature Chart”. Which of these is true in your life?

What is God saying to you in this study  
that you need to put into action?