

Life Strategy #6

Mouth Management

The power of life and death is in the tongue (Pr. 18:21), and anyone who can control his mouth is a perfect (mature) man, able to control his whole body (Jam. 3:2). If ever we, as believers, needed to sit up and take note of a lesson from scripture, this should be the one. As we will discover, **the power of the tongue is so far reaching** that some theologians have tried to minimize its effect on our lives, in order to keep people from going overboard. However, no matter what their intentions are in this matter, **our mouth has the ability to bring peace or destruction into our lives. It has the power of life and death; it has, from a certain perspective, “creative abilities”**. Words can create hurt or healing, war or peace, destruction or restoration, love or hate, tension or tranquility, unity or division, organization or chaos, blessing or curse. With or words we are justified or condemned (Mt. 12:37). **Learning to manage our mouth is of the up most importance not only in our walk with God**, but also in our relationships with others. It cannot be taken lightly, or looked upon as an option that we can either take or leave, this is a universal law that will affect our lives regardless if we choose to manage it or not.

In this study, we want to take a simple look at this subject of controlling and managing our mouths, and learn some simple skills and truths that can have a lifelong affect on how we talk and live our lives. In fact, these skills are so impactful that if you strive to implement them in your everyday life, you will begin to see results within 30 days of using them. The reason I say 30 days is because it will take you, if you're serious about managing this area of your life, about one week to get the hang of it and to become aware of what you are saying. And then about 3 weeks for it to become a habit that is a part of who you are and how you live.

A word of warning, **this is not an easy thing to do**. According to the Word of God, it is the most difficult area of our being to control, but you can be victorious in this area by the power of God's Spirit in your life. The point here is to not be discouraged in your attempts to get the tongue under control; you will be at work with this the rest of your life, so patience will be a necessity. However, you will be able to make some immediate impact and progress if you will use the simple precepts that the bible gives us, so let's begin.

Mouth Management: Things you Should Know

1. MY MOUTH Determines My Direction

“Indeed, we put bits in horses’ mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small ruder whenever the pilot desires.

James 3:3-4

2. MY MOUTH Secures Life Or Brings Destruction

“He who guards his mouth preserves his life but he who opens wide his lips shall have destruction.”

Proverbs 13:3

“The tongue is a small thing, but what enormous damage it can do. A great forest can be set on fire by one tiny spark. And the tongue is a flame of fire. ...the tongue is set on fire by hell itself and can turn our whole lives into a blazing flame of destruction and disaster.”

James 3: 5-6 (LB)

“For every kind of beast... has been tamed by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison.”

James 3:7-8

Words in control bring light, warmth, direction and life. Words out of control bring pain, hurt, confusion and destruction.

“A man’s stomach shall be satisfied from the fruit of his mouth, and from the produce of his lips he shall be filled.”

Proverbs 18:20

You will have to live with the consequences of everything you say.

3. MY MOUTH Reveals Who I Really Am

“Praises and curses come from the same mouth! ...this should not happen. Do good and bad water flow from the same spring? ...can a fig tree make olives, or can a grapevine make figs? No! And a well full of salty water cannot give good water.

James 3:10-12 (NCV)

“For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good treasures, and an evil man out of the evil treasure brings forth evil things.”

Matthew 12:34-35

The Problem is With the Heart

A Harsh Tongue Reveals ⇒ An Angry Heart

A Judgmental Tongue Reveals ⇒ A Guilty Heart

A Sarcastic Tongue Reveals ⇒ A Bitter Heart

A Boasting Tongue Reveals ⇒ An Insecure Heart

Four Steps of Mouth Management

1. GET A Renewed And Clean Heart

“Create in me a clean heart, o God and renew a steadfast spirit within me.

Psalm 51:10

2. FILL IT With God’s Word

“But his delight is in the law of the Lord, and in His law he meditates day and night.”

Psalm 1:2

3. Stop And Think before you speak

“Let every man be swift to hear, slow to speak, slow to wrath.”

James 1:19

4. DAILY Seek The Lord's Help

“Lord, help me control my tongue; help me be careful about what I say.”

Psalm 141:3 (NCV)

Additional Scripture on Restraining the Tongue:

Psalm 34:1
James 1:26

Proverbs 21:23
1 Peter 3:10