

Wisdom That Works

Part 3 – Mindfully Managing Our Mouths

February 18, 2018

Patrick Davis

Got Questions?

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Going Deeper

1. When you were growing up how did your parents speak to you? Did they use encouraging words or discouraging words? Did they use “gently” or “harshly”? Where they excessively critical of you or verbally supportive?
2. How did your parents speak to each other? Did they honor and respect one another with their words? Did they speak angrily to one another or lovingly?
3. What effect do you think their words **to you** had on you? What effect do you think their words **to each other** had on you?
4. Do you struggle with managing your words well? Do you find yourself overly and excessively critical? Do you speak with angry harsh tones? Have you “pierced” someone with lies?
5. Have you ever considered the connection between your words and your heart?
6. If you had only moments to say something to the people you love, what would it be? (*Say it to them today! Go for it!*)

Change Your Mind - Meditate

Psalms 19:14 (NIV)

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.”

“Meditations into which a man puts his heart will surely prove the spring of action. The depths of this prayer are reached in the petition concerning the meditations of the heart. Meditation is only unuttered speech. We think in words. Yet the words we utter have a separate existence, and most powerfully affect the thoughts of our mind. Language has a reflex influence upon our thoughts. Thought is revealed in speech, but speech reacts upon thought. The Bible is fully alive to the importance of right words.” (W. Garrett Horder.)

Change Your Heart - Pray

Heavenly Father, I am grateful for your great Grace! Help me, Holy Spirit, to mind my mouth. “Create in me a clean heart O God!”. Work in me what is well pleasing to you. May my speech be edifying and my words uplifting. May the words I speak be full of Love and seasoned with Wisdom. In Jesus Name ... Amen!

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