

# TAMING THE TONGUE, PART 2

## III. PRINCIPLES TO APPLY ON HOW TO TAME THE TONGUE

### A. THINK BEFORE YOU SPEAK

#### PROV 15:28 EASY TO READ

28 Good people think before they answer, but the wicked do not, and what they say causes trouble.

#### PROV 10:19 EASY TO READ

19 A person who **talks too much** gets into trouble.  
A wise person learns to be quiet.

#### PROV 21:23 NLT

Watch your tongue and **keep your mouth shut**,  
and **you will stay out of trouble.**

*“Engage your mind before you put your mouth in gear.”  
– Aaron Burke*

#### PHIL 4:8 LB

Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about.

### THINK BEFORE YOU SPEAK:

**T** – is it **TRUE**?

**H** – is it **HELPFUL**?

**I** – is it **INSPIRING**?

**N** – is it **NECESSARY**?

**K** – is it **KIND**?

### B. ADMIT WE NEED GOD’S HELP

#### LUKE 6:45 EASY TO READ

45 Good people have good things saved in their hearts. That’s why they say good things. But those who are evil have **hearts full of evil**, and **that’s why they say things that are evil**. What people say with their mouths comes from what fills their hearts.

*Aaron Burke said:  
“The condition of your heart is revealed by the content of your speech.”*

#### PSALM 51:10 EASY TO READ, DAVID SAID THIS:

God, create a pure heart in me,  
and make my spirit strong again.



### PSALM 141:3 AMPLIFIED BIBLE

Set a guard, O Lord, over my mouth;  
Keep watch over the door of my lips [to keep me from speaking thoughtlessly].

## C. MEDITATE ON GOD'S WORDS

### PROV 13:20 EASY TO READ

20 Be friends with those who are wise, and you will become wise. Choose fools to be your friends, and you will have trouble.

*John MacArthur says...*

*"When the heart is jammed full—as the phrase, **out of the abundance of the heart**, indicates—it has to have an overflow valve, and the mouth is that valve. The mouth is the overflow valve to what is in the reservoir."*

**Remember GIGO!**  
**Garbage in, Garbage out!**

### PSALM 19:14 NIV

May these words of my mouth and this meditation of my heart be pleasing in your sight Lord, my Rock and my Redeemer.

### JOSHUA 1:8 AMPLIFIED BIBLE

8 This Book of the Law shall not depart from your mouth, but you shall read [and meditate on] it day and night, so that you may be careful to do [everything] in accordance with all that is written in it; for then you will make your way prosperous, and then you will be successful.

## D. ENABLE GOD'S CONTROL UPON YOU

### GAL 5:16 AMPLIFIED BIBLE

16 But I say, walk **habitually** in the [Holy] Spirit [seek Him and be responsive to His guidance], and then you will certainly not carry out the desire of the sinful nature [which responds impulsively without regard for God and His precepts].

### EPH 5:18 AMPLIFIED BIBLE

Be filled with the [Holy] Spirit **and** constantly guided by Him.

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## DISCUSSION QUESTIONS:

1. What do Prov 15:28, James 1:19, Psalm 51:10, and Psalm 141:3 say we should do to tame the tongue?
2. How does the meditation of the Word affect our speech?