

# CONTROLLING THE CHAOS

## Won't You Be My Neighbor: Conclusion

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*“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and SELF-CONTROL...” (Galatians 5:22–23, NLT)*

*“Self-control means controlling the tongue!” (Proverbs 13:3a, The Living Bible)*

### The Most Dangerous Item Out of Control:

#### THE TONGUE.

#### James 3:2–6 (NLT)

*<sup>2</sup> Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way. <sup>3</sup> We can make a large horse go wherever we want by means of a small bit in its mouth. <sup>4</sup> And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. <sup>5</sup> In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire. <sup>6</sup> And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.*

#### WHY MY MOUTH MATTERS?

1. MY MOUTH DIRECTS MY LIFE.
2. MY MOUTH CAN DESTROY MY LIFE.
3. MY MOUTH DISPLAYS WHO I REALLY AM.

#### HOW TO MANAGE YOUR MOUTH

1. THINK BEFORE YOU SPEAK.

*“...You must all be quick to listen, slow to speak, and slow to get angry.” (James 1:19, NLT)*

*“Intelligent people think before they speak; what they say is then more persuasive.” (Proverbs 16:23, GNB)*

*“You will have to live with the consequences of everything you say.” (Proverbs 18:20, GNB)*

2. ALWAYS SPEAK THE TRUTH.

*“Someone who holds back the truth causes trouble...” (Proverbs 10:10a, GNB)*

*“An honest answer is a sign of true friendship.” (Proverbs 24:26, GNB)*

*“In the end, people appreciate frankness more than flattery.” (Proverbs 28:23, The Living Bible)*

**3. SPEAK THE TRUTH IN LOVE.**

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

*“Some people like to make cutting remarks, but the words of the wise soothe and heal.” (Proverbs 12:18, The Living Bible)*

*“Gentle words cause life and health...” (Proverbs 15:4a, The Living Bible)*

*“...a word of encouragement does wonders!” (Proverbs 12:25b, The Living Bible)*

**4. ASK GOD FOR HELP EVERY DAY.**

*“Help me, Lord, to keep my mouth shut and my lips sealed.” (Psalm 141:3, The Living Bible)*

*“May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.” (Psalm 19:14, NLT)*

**5. GET A NEW HEART.**

*“Anyone who says he is a Christian but doesn’t control his sharp tongue is just fooling himself, and his religion isn’t worth much.” (James 1:26, The Living Bible)*

*“Evil words come from an evil heart...” (Matthew 15:18, The Living Bible)*

*“The heart of the godly thinks carefully before speaking; the mouth of the wicked overflows with evil words.” (Proverbs 15:28, NLT)*

**ACTION STEPS**

GROWTH TRACK