

Weird Flex But Okay Part 5

I Always Say What's On my Mind

Proverbs 29:11

Memory Verses: Proverbs 29:11

ELEMENTS

Introduction (Me, We, & the Struggle)

Proverbs 30:32 says, "if you have been foolish, exalting yourself, or if you have been devising evil, put your hand on your mouth." If you brag about being a fool that's a weird flex, but okay! Fools have all kinds of weird flexes. They brag about all the wrong things. Over the past month we've seen them brag about shunning wisdom, brag about being evil, brag about being unwilling to listen to wise counsel, and brag about making their mother's cry. All of those are weird flexes which point to a larger issue. They don't fear God. They don't believe there are consequences on a supernatural level for their foolishness, and if they keep moving in that direction one day they will drive right off the cliff to their own doom. What they should do instead of bragging about these horrible avenues they've decided to pursue is to shut their mouths and return to the wisdom found in God.

But they can't. Again, this week we see them flexing on some more ridiculous foolishness. **Proverbs 29:11** says, "a fool gives full vent to his spirit, but a wise man quietly holds it back." Since becoming your pastor I have preached in over a dozen funerals and been to at least that many more. And over the course of these funerals I've heard on more than a handful of occasions this phrase, "one thing I can tell you is that they always spoke their mind." It's a very interesting phrase is it not? "They always spoke their mind." Now, I've known people like this who always spoke their mind, and I must say that I've never really felt that it was a good quality. My grandmother was one of those people who always spoke her mind. "That haircuts dumb. You kids these days need to learn respect. You call that music." Never a kind word, just matter of fact opinions spouted off without filter or thought of others feelings.

I would think that it would be more wise to think about what you are going to say or if it even needs to be said, be a little bit more diplomatic about how to say it, and then gently in a one on one conversation deliver your words with love. But, just rattling off every thought as if your opinion is the final word is not wise; it's careless and foolish. Saying, "I always say what's on my mind" is a weird flex, but okay... let's see what the word of God has to say about it.

This morning it is our hope that when you see the wisdom found in the Bible you will rethink how you go about delivering your words. Yes we should always speak the truth, but we must also speak the truth in

love. **Your opinions aren't always truth and your delivery isn't always loving.** So take a step back and filter your opinions and delivery through the wisdom of the word of God found in the book of Proverbs. The main point this morning is that **When you say anything, remember It's better to be righteous than right.**

Teaching (Expand on the Problem, God)

The first thing we need to see here is that... **The More You Speak The Bigger The Mess You Will Leave.** We all struggle to make sure that our speech is noble and encouraging. Do the things we say add to the value of the conversation or detract from it. **Proverbs 10:18** says, "the one who conceals hatred has lying lips, and whoever utters slander is a fool." **Proverbs 17:7** says, "fine speech is not becoming a fool; still less is false speech to a prince." **Proverbs 19:1** says, "better is a person who walks in integrity than one who is crooked in speech and is a fool." Crooked, slanderous, speech is of no benefit. Lying and gossip only serve to destroy good discourse and relationships. A foolish person speaks in such ways. As they say, "talk is cheap," and cheap things break. Foolish people say cheap things.

But, even if you are a very wise person, the more you say, the longer you talk, the greater the chance of saying something that is incorrect or damaging. It takes thought and discernment to make wise statements. The longer you talk the greater the chance that you might say something that you haven't had time to think about. **Many of our messes could be avoided if we were to think about what we say more and say what we think less.**

Proverbs 10:8 says, "the wise of heart will receive commandments but a babbling fool will come to ruin." **Proverbs 10:10** says, "whoever winks the eye causes trouble, and a babbling fool will come to ruin." **Proverbs 10:14** says, "the wise lay up knowledge, but the mouth of a fool brings ruin near."

Proverbs 14:3 says, "by the mouth of a fool comes a rod for his back, but the lips of the wise will preserve them." **Proverbs 29:20** says, "do you see a man who is hasty in his words? There is more hope for a fool than for him."

Proverbs 14:3a says, "by the mouth of a fool comes a rod for his back." When we speak careless, slanderous, hurtful, or thoughtless words we will suffer the consequences, which include a rod for our back, a hopeless future, and ruin, ruin, ruin. Only a fool thinks it is wise to run their mouths and spout their opinions with no filter or thought for others. In the end they will make a mess of things that can't be easily undone. Physical things between you and others and spiritual things between you and God. In other words, **don't let your mouth write checks that your body and spirit can't cash.**

A righteous person stops, thinks about what they are going to say and how they are going to say it. A foolish person who simply wants to be right fully vents their opinions without filter. Don't be that person. **When you say anything, remember It's better to be righteous than right.**

The second thing we need to see here is that... **The Less You Talk The Wiser You Will Look**. If it is foolish to talk too much, then it would make sense that wisdom dictates that you talk less. The less you talk the less messes you will make. But also, the less you talk the wiser you will look. **There is a quote that is often attributed to Abraham Lincoln which says, "better to remain silent and be thought a fool than to speak and remove all doubt."** In other words, the less you talk the wiser you seem. But if you are a fool, as soon as you open your mouth, it will be obvious. Proverbs has much to say on this matter. **Proverbs 17:28** says, "even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent." **Proverbs 14:33** says, "wisdom rests in the heart of a man of understanding but it makes itself known even in the midst of fools." Clearly it is better to keep your mouth shut if you are a fool. Saying what's on your mind is not the way of wisdom. Instead of flippantly releasing your words you should preserve them. **Proverbs 14:3b** says, "but the lips of the wise will preserve their words." Looking again at our main verse for this message we see that a wise man quietly holds their words back. **Proverbs 29:11** says, "a fool gives full vent to his spirit, but a wise man quietly holds it back." It is probably a good idea to see being loud and opinionated as foolish and being quiet as wise. **Proverbs 15:2** says, "the tongue of the wise commends knowledge, but the mouths of fools pour out folly." **Proverbs 12:23** says, "a prudent man conceals knowledge, but the heart of fools proclaims folly." **Proverbs 15:7** says, "the lips of the wise spread knowledge; not so the hearts of fools." Fools feel that if they could just say what they think then people will eventually agree with them. They think they are right and want everyone else to see how right they are. The problem is that fools don't know how to gently deliver their knowledge. In the end their delivery is so foolish that it didn't even matter if what they wanted to say was right... no one is listening anymore anyway. So, if you want people to hear you, speak less. **When you say anything, remember It's better to be righteous than right.**

The last thing we need to see today is that... **You Can't Listen To Wisdom While Speaking Your Opinion**. If the more you speak the bigger the mess you make, and if the less you speak the wiser you seem, what should take the place of speaking? I mean, let's be honest, we love to talk. If I'm not talking then what should I be doing? More social media? No. How about listening! According to the Bible, there is great wisdom in simply listening. **Proverbs 18:2** says, "a fool takes no pleasure in understanding, but only in expressing his opinion." Fools don't see any value in listening. They just want to talk and let their opinion be known. **A fool says what's on their mind with no regard to what's on yours**. The wise listen, hear what you are saying and feeling, try to understand your

side of the issue and then speak gently. **Proverbs 18:13** says, "if one gives and answer before he hears, it is his folly and shame." **Proverbs 12:15** says, "the way of a fool is right in his own eyes, but a wise man listens to advice." The point is clear, how often do you take time to listen to people before you say what you think? How often do you take others opinions into consideration before spouting off your own? Perhaps if you were slower to speak, and quicker to listen, you would see your mouth getting you into less messes and people might begin to respect your thoughts more. **James 1:19** says, "let every person be quick to hear, slow to speak, slow to anger." **When we are quick to hear and respect others opinions we become more righteous in our response. When you say anything, remember It's better to be righteous than right.**

Application

Of course Jesus is our example. He always listened to God in prayer way more than he spoke his opinions. In fact, he never spoke his opinion, but only his fathers words. And when he spoke he always did so with gentleness and love. Sometimes more sternly than others, but always with respect and honor. That is why people listened to Jesus. Yes, because his words were right, but more so because his delivery was righteous.

Conclusion

How do you speak? Do you simply say what's on your mind all the time? Or do you take time to listen to others, listen to God, and listen to wisdom, then think upon it all in prayer, and then respond in a way that more righteous than right. That is to say, in a way that draws them more towards God than to simply agreeing that you are right. If you struggle with fully venting your opinions with no filter, then turn again to **Proverbs 30:32** and put your hand on your mouth. The evidence of one who is growing in Christ is how well they can control their tongue and learn to speak in a righteous manner that exemplifies wisdom and not foolishness. A Christian knows that **When you say anything, remember It's better to be righteous than right.**

On the website; scienceofpeople.com we find 15 ways to listen more and talk less. Here's the top 5. 1) Notice the signs that you are talking too much. Try to pick up the social cues and body language of others. Are people checking their phones, avoiding eye contact, yawning, or getting agitated? 2) Embrace the sound of silence. Silence gives you time to think before speaking again and allows for others to get a word in. 3) Ask Questions. Questions are proven to make you more likable. 4) Check your ego. Consider others more important than yourself and share the conversation. Rarely should you see your opinion as the only acceptable opinion. 5) And consider how this conversation benefits the other person.