

Proverbs 18:20-22 From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied. The tongue has the power of life and death, and those who love it will eat its fruit. He who finds a wife finds what is good and receives favor from the Lord.

4 Traps of the Mouth:

1. Complaining – The Blabbering Trap

Exodus 14:11-12 and they said to Moses, “Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt? Didn't we tell you this would happen while we were still in Egypt? We said, ‘Leave us alone! Let us be slaves to the Egyptians. It's better to be a slave in Egypt than a corpse in the wilderness!’”

Exodus 16:8 Yes, your complaints are against the LORD, not against us.”

Philippians 2:14-15 Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

- ✓ If you can change your circumstances - do something about it.
- ✓ If you can't change your circumstances - change your perspective.

2. Criticism – The Sneaky Trap

Galatians 5:14-15 For the whole law can be summed up in this one command: “Love your neighbor as yourself.” But if you are always biting and devouring one another, watch out! Beware of destroying one another.”

Proverbs 12:18 Some people make cutting remarks, but the words of the wise bring healing.

- ✓ You have no idea how much criticism can hurt someone's heart.
- ✓ You have no idea of how God might use a single word of encouragement.

3. Lying - The Common Trap

Proverbs 12:22 The LORD detests lying lips, but he delights in those who tell the truth.

Ephesians 4:21-25 Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. So, stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.

John 8:44 He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.

- ✓ Lies bring bondage ... Truth brings freedom

3. Gossip - The Childish Trap

Proverbs 18:8 Rumors are dainty morsels that sink deep into one's heart.

- ✓ Gossip claims, “I am strong because they are weak.”
- ✓ Gospel claims, “I am weak because He is Strong.”

Proverbs 16:28 A troublemaker plants seeds of strife; gossip separates the best of friends.

1 Corinthians 1:10 I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

Walk Away:

Do everything we can to build relationships with our words, not divide people.