

WATCH YOUR MOUTH

By Pastor Lee Allen Jenkins
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*The tongue can bring **death** or **life**;
those who love to talk will reap the consequences.*

Proverbs 18:21 (NLT)

**Sticks and stones may break my bones,
but words will never hurt me.**

Sticks and stones may break our **bones,
but words can break our **hearts**.**

How To Watch Your Mouth:

1. Speak the truth.

*So **stop telling lies**. Let us tell our neighbors the truth, for we are all parts of the same body. **Ephesians 4:25 (NLT)***

***Wounds from a sincere friend** are better than many kisses from an enemy.
Proverbs 27:6 (NLT)*

2. Don't let anger control you.

*And don't sin by letting **anger control you**. Don't let the sun go down while you are still angry, for anger gives a **foothold to the devil**.*

Ephesians 4:26-27 (NLT)

What is Anger?

An emotional arousal caused by something that displeases us.

*Jesus entered the Temple and began to drive out all the people buying and selling animals for sacrifice. He **knocked over the tables** of the money changers **and the chairs** of those selling doves.*

He said to them, "The Scriptures declare, 'My Temple will be called a house of prayer,' but you have turned it into a den of thieves!"

Matthew 21:12-13 (NLT)

3. Stop abusive language.

Don't use *foul* or *abusive language*. Let everything you say be good and helpful, so that your words will be an *encouragement* to those who hear them.

And do not bring *sorrow to God's Holy Spirit* by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. **Ephesians 4:29-31 (NLT)**

In the same way, you husbands, live with your wives in an understanding way [with great gentleness and tact, and with an intelligent regard for the marriage relationship], as with someone physically weaker, since she is a woman.

Show her honor and respect as a fellow heir of the grace of life, *so that your prayers will not be hindered or ineffective*. **1 Peter 3:7 (Amp)**

It's better to stay outside on the roof of your house than to live inside with a *nagging wife*. **Proverbs 21:9 (CEV)**

It's better out in the desert than at home with a *nagging, complaining wife*. **Proverbs 21:19 (CEV)**

4. Be kind to one another.

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ *has forgiven you*. **Ephesians 4:32 (NLT)**

**The same forgiveness we receive from God,
is the same forgiveness we should extend to others.**