

Open Your Mouth

Associate Pastor Kailynn Aery
February 8, 2026

Our words hold the power of life or death. God wants us to open our mouths, but what comes out exposes hard truths. Today we will see what God's Word says about the power of our words.

1. Our words expose our heart

Luke 6:43-45 (ESV)

⁴³ "For no good tree bears bad fruit, nor again does a bad tree bear good fruit, ⁴⁴ for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. ⁴⁵ The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Proverbs 18:21 (ESV)

²¹ "Death and life are in the power of the tongue, and those who love it will eat its fruits".

Ephesians 4:29-32 (ESV)

²⁹ "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

2. Our words expose our faith

Mark 4:35-41 (ESV)

³⁵ "On that day, when evening had come, he said to them, "Let us go across to the other side." ³⁶ And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. ³⁷ And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. ³⁸ But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" ³⁹ And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. ⁴⁰ He said to them, "Why are you so afraid? Have you still no faith?" ⁴¹ And they were filled with great fear and said to one another, "who then is this, that even the wind and the sea obey him?"

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1 Corinthians 2:1-5 (ESV)

¹ And I, when I came to you, brothers, did not come proclaiming to you the testimony of God with lofty speech or wisdom. ² For I decided to know nothing among you except Jesus Christ and him crucified. ³ And I was with you in weakness and in fear and much trembling, ⁴ and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, ⁵ so that your faith might not rest in the wisdom of men but in the power of God.”

Romans 10 tells us that faith comes from hearing, and hearing from the Word of God.

3. Our words expose our character

Matthew 12:33-37 (ESV)

³³ “Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit. ³⁴ You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. ³⁵ The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil. ³⁶ I tell you, on the day of judgment people will give account for every careless word they speak, ³⁷ for by your words you will be justified, and by your words you will be condemned.”

James 3:13-18 (ESV)

¹³ Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. ¹⁴ But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. ¹⁶ For where you have envy and selfish ambition, there you find disorder and every evil practice. ¹⁷ But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. ¹⁸ Peacemakers who sow in peace reap a harvest of righteousness.

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Conversations we should be engaging in should be...

- i. Pure
- ii. Peace-loving
- iii. Considerate
- iv. Submissive
- v. Full of mercy and good fruit
- vi. Impartial
- vii. Sincere

James 1:19-21 (ESV)

¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God. ²¹ Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

James 3:5-10 (NIV)

⁵ The tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. ⁷ All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, ⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison. ⁹ With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.