

Making Relationships Last A Lifetime – part 8
THE SECRET OF SELF-CONTROL

"A man without self-control is as defenseless as a city with broken down walls." Prov. 25:28 (LB)

The greatest destroyer:

An uncontrolled tongue

"The tongue is a small thing, but what enormous damage it can do! A great forest can be set on fire by one tiny spark. ...The tongue can turn our whole lives into a blazing flame of destruction and disaster." James 3:5-6 (LB)

"Self-control means controlling the tongue!" Pr. 13:3 (LB)

HOW TO MANAGE YOUR MOUTH

1. THINK BEFORE YOU SPEAK

"Intelligent people think before they speak. What they say is then more persuasive." Prov. 16:23 (GN)

"You will have to live with the consequences of everything you say." Prov. 18:20 (GN)

T - Truthful
H - Helpful
I - Inspirational
N - Necessary
K - Kind

"It is a trap for a man to dedicate something rashly and only later consider his vows." Prov. 20:25 (NIV)

2. ALWAYS SPEAK THE TRUTH

"Someone who holds back the truth causes trouble." Prov. 10:10 (GN)

"An honest answer is the sign of a true friendship." Prov. 24:26 (GN)

"In the end, people appreciate frankness more than flattery." Prov. 28:23 (LB)

3. SPEAK THE TRUTH IN LOVE

"Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal." Prov. 12:18 (GN)

"Some people like to make cutting remarks, but the words of the wise soothe and heal." Prov. 12:18 (LB)

"Gentle words cause life and health." Prov. 15:4 (LB)

"A word of encouragement does wonders!" Prov. 12:25 (LB)

4. ASK JESUS FOR HELP EVERY DAY

"Set a guard over my mouth, O Lord; keep watch over the door of my lips." Ps. 141:3 (NIV)

"Help me, Lord, to keep my mouth shut!" (LB)

Jesus: "What comes out of the mouth comes from the heart!" Matt. 15:18

"Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit." Ezek. 18:31 (NIV)

"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 (LB)