



TRUTH

& LIES

THE TRUTH WILL SET YOU FREE

The Power of Our Words

**TRUTH
& LIES**



Do not let any
unwholesome talk come
out of your mouths, but
only what is helpful for
building others up
according to their needs,
that it may benefit those
who listen.

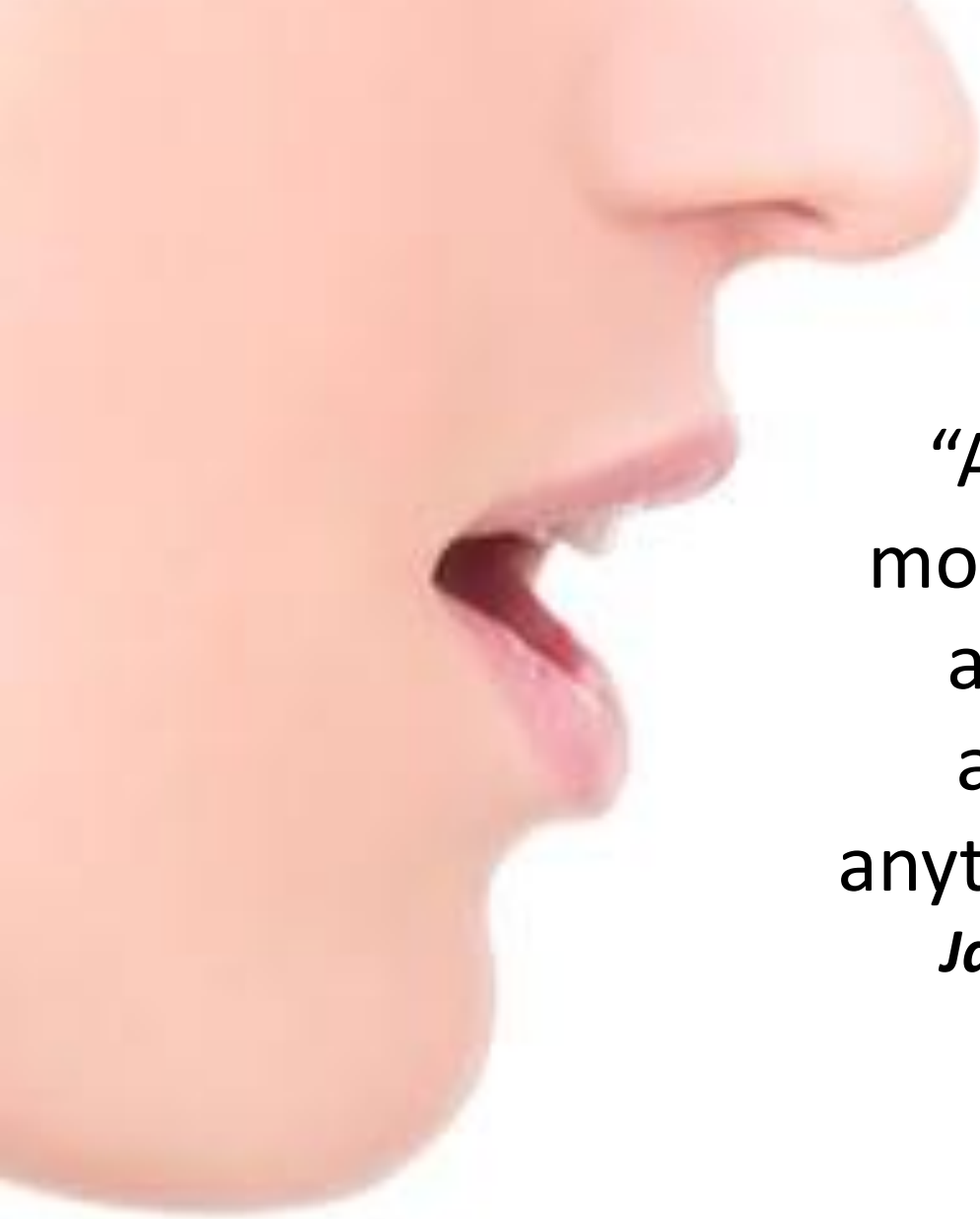
Ephesians 4:29

Americans

We know 20,000 to 30,000 words

We speak around 16,000 words each day

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“A word out of your
mouth may seem of no
account, but it can
accomplish nearly
anything—or destroy it!”

James 3:5 (The Message)

James 3:1-12 Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. 2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. 5 Likewise, 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.

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James 3:1-12

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.

11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

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Our words have great power and affect others

James 3:4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.

Proverbs 10:11 The mouth of the righteous is a fountain of life

Proverbs 16:24 Gracious words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 15:4 The soothing tongue is a tree of life,
but a perverse tongue crushes the spirit.

Proverbs 18:20-21 Words satisfy the mind as much as fruit does the stomach; good talk is as gratifying as a good harvest.
21 Words kill, words give life; they're either poison or fruit—you choose.

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Our words reveal our heart

James 3:12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

Matthew 12:34-35 ...For the mouth speaks what the heart is full of. 35 A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him

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Our words affect us

James 3:2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

Romans 10:8-9 ...“The word is near you; it is in your mouth and in your heart,” that is, the message concerning faith that we proclaim: 9 If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.

Psalms 51:15 Open my lips, Lord, and my mouth will declare your praise.

James 3:6 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.

Matthew 15:11 What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them.”

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We need the Holy Spirit's power to both speak and restrain our speech

James 3:8 ...no human being can tame the tongue. It is a restless evil, full of deadly poison.

Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs...

Psalms 141:3 Set a guard over my mouth, Lord; keep watch over the door of my lips.

Psalms 51:15 Open my lips, Lord, and my mouth will declare your praise.

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Love God & Others with words of...

Thanksgiving & Praise
Profession & Declaration
Confession
Testimony
Truth
Blessing
Affirmation
Kindness
Mercy & Grace
Encouragement
Respect & Honor

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Proverbs 18:21 ...Words kill, words give life; they're either poison or fruit—you choose.

Lying & Manipulative or Truthful and Honest

Hateful or Loving

Cursing or Blessing

Pride or Humility

Shaming & Condemning or Affirming

Tearing down or Building up

Discouraging or Encouraging

Flattery or True Compliments

Pessimistic or Hopeful

Cruel or Kind

Critic & Judgmental or Merciful & full of Grace

Dishonoring or Honoring

Disrespectful or Respectful

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Challenge:

Post this verse so you can see it throughout your week and ask God to help you restrain and to speak words that will benefit those who hear them.

Ephesians 4:29-30 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

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