

# SPEAKING OF SELF-CONTROL

## Fruitful Living – Part 9

June 2, 2013

**Galatians 5:22-23 (NIV)** *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,<sup>23</sup> gentleness, and SELF-CONTROL.”*

**Proverbs 25:28 (NLT)** *“A person without self-control is like a city with broken-down walls.”*

**An uncontrolled TONGUE is the greatest destroyer of relationships.**

**James 3:5-6a (NIV)** *“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.<sup>6</sup> The tongue also is a fire, a world of evil among the parts of the body.”*

**If you don't know how to manage your mouth,  
you don't know how to manage your life!**

### Four Keys To Managing Your Mouth

#### 1. **THINK** before you speak.

**Proverbs 16:23 (GNT)** *“Intelligent people think before they speak; what they say is then more persuasive.”*

**Proverbs 18:20 (GNT)** *“You will have to live with the consequences of everything you say.”*

**Proverbs 20:25 (NLT)** *“Don't trap yourself into making a rash promise to God and only later counting the cost.”*

#### 2. Always speak The **TRUTH**.

**Proverbs 10:10a (GNT)** *“Someone who holds back the truth causes trouble...”*

**Proverbs 24:26 (GNT)** *“An honest answer is a sign of true friendship.”*

#### 3. Speak the truth **IN LOVE**.

**Proverbs 12:18 (GNT)** *“Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal.”*

**Proverbs 15:4a (NCV)** *“As a tree gives fruit, healing words give life...”*

**Proverbs 12:25b (NLT)** *“...An encouraging word cheers a person up.”*

#### 4. **ASK** God for help every day.

**Psalms 141:3 (NIV)** *“Set a guard over my mouth, O Lord; keep watch over the door of my lips.”*

**Psalms 141:3 (TLB)** *“Help me, Lord, to keep my mouth shut and my lips sealed.”*

**Matthew 15:18a (CEV)** *“The words that come out of your mouth come from your heart...”*

**Ezekiel 18:31a (NIV)** *“Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit...”*

**Psalms 51:10 (NKJV)** *“Create in me a clean heart, O God, and renew a steadfast spirit within me.”*

**Real self-control as God shows us in His Word... is not self in control but self UNDER control.**

**James 1:26 (NLT)** *“If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless.”*

**Matthew 12:36 (NLT)** *“And I tell you this, that you must give an account on judgment day of every idle word you speak.”*

**Psalms 19:14 (NLT)** *“May the words of my mouth and the meditation of my heart be pleasing to You, O LORD, my rock and my redeemer.”*