Proverbs 15:2,4,7

**2. The tongue of the wise commends knowledge, but the mouths of fools gush out folly. 4. A gentle tongue is a tree of life, but deceit in it crushes the spirit. 7. The lips of the wise spread knowledge; not so with the heart of fools.**

We are told throughout the scriptures to praise the Lord, we are told to always have the Lord on our lips and that we will be held accountable not just for our actions but our words as well. Or mouths have the power to either hurt or heal, to tear down or to build up. Our tongues are powerful weapons within our own bodies. Our tongues oftentimes are directly connected to our hearts, and what comes out of them sometimes shocks even us. Consider this passage of scripture from James 3-6 “4 And consider ships: Though very large and driven by fierce winds, they are guided by a very small rudder wherever the will of the pilot directs. 5 So too, though the tongue is a small part of the body, it boasts great things. Consider how a small fire sets ablaze a large forest. 6 And the tongue is a fire.”

Growing up I am sure each of us have heard the saying “Sticks and stones may break my bones, but words will never hurt me”. We were told this as children to thwart off bullies and such. The truth is that bones will heal, cuts will heal, but the words that are said to each other sometimes never heal. I am sure we have all been told something that sticks with us to this day. Whether someone has called you stupid, or fat or ugly. These words stick to us, and sometimes cause even the strongest willed among us to crumble. Our lips are to do one thing only in this world and that is to praise God and spread His Gospel of peace. Our words should always be about the Lord and should be spoken out of love not envy or anger. That is not to mean that we should not correct but we do so from a place of love and wanting to see someone grow closer to God not farther away.

Remember this week that what we say matters, remember that we have a Father in heaven who sees all and hears all. We are to praise Him with the breath that He allows us to have. As always, continue in your Word and in your prayers. CMTTP