

**“He hath a heart as sound as a  
bell, and his tongue is a  
clapper; for what the heart  
thinks the tongue speaks.”**

*-Shakespeare*

# For One Week

- Do not complain or grumble
- Do not boast about anything at all
- Do not gossip or repeat bad information about somebody else
- Do not run somebody down, even a little bit
- Do not defend or excuse yourself no matter what
- Do always affirm other people
- Note: Words express and redirect your heart—your words come from your heart but then they to the heart—

(Tim Keller)

# Tongue/Thoughts

- Can guide us into holy living
- Fire—can destroy
- Untamable
- Inconsistent/deadly
- Corrupts even what is good
- Index of the heart
- It can direct, destroy or delight

- If....Then...
- Issue is the Heart....where is my heart—how to grow the heart—what am I gazing at? Where do I get my wisdom?
- Call for repentance, refocus, praise (humility), service
- Opposite of faith is not unbelief—it is pride
- Wisdom of World—seek first: what is best for me, make own rules, own values, evaluate all from my perspective.
- Wisdom of God—Rest in reality that God is in control, that I am a repentant sinner, loved by God, saved by grace—respond in purity, seeking peace, with the attributes of Jesus.
- Your Tongue gives you away
- Is it true, necessary, helpful—will it produce peace and righteousness