Selected Scriptures
May 11, 2025

# A Devoted Heart Yields a Controlled Tongue

What is the heart?

1. What's in the heart overflows through our words.
   Matthew 12:34

   a. What should we fill our hearts up with and how do we do it?
      Proverbs 23:7
      Deuteronomy 6:4-9
      Romans 12:1,2
      Philippians 4:8

   b. How do we guard our hearts, in turn, guarding our words?
      Proverbs 4:23
      Psalm 139:23
      Psalm 119:10:11
      Psalm 141:3

2. What does Godly speech sound like?
   a. It is honoring of God and man — James 3:9
   b. It is loving — I Corinthians 13:1-8, Ephesians 4:15
   c. It is truthful.
   d. It is understanding and gracious. — Colossians 4:6, Proverbs 16:24
   e. It is gentle and kind. — Proverbs 15:11
   f. It rejoices with others — Romans 12:15
   g. It is humble
   h. It is forgiving — Ephesians 4:32
   i. It strengthens and encourages — Ephesians 4:29

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Let the words of my mouth and the meditation of my heart be acceptable in Your sight O LORD, my rock and my Redeemer. Psalm 19:4

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and my Redeemer
Psalm 19:4

3.

How do we control our tongues?

How do we fill our hearts with good?

What does heart mean?

What does it mean to control our tongue?

- The words, timing, tone

Words that hurt or offend are not inherently wrong.

Proverbs 23:7

Watch over your heart with all diligence, for from it flow the springs of life. Proverbs 4:23

What does a tongue controlled by God not do?

a. It does not lie Speaks the truth in love
b. It does not gossip Proverbs 17:9

What does a tongue controlled by God do?

a. Speaks truth in love Ephesians 4:15

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b. Builds up, encourages, and gives grace — Ephesians 4:29, Proverbs 16:24
c. Proclaims the gospel
d. It admits wrongs, seeking forgiveness
e. It forgives others.
f. It glorifies, lifts up God

What does a tongue controlled by God not do?

Speak of the goodness of God's commands? Psalm 119:13

Our words are a result of the heart, so "fixing" our speech really means that we must first fix our heart.

What is meant by the heart?

How do we guard our words?
Psalm 141:3

Deuteronomy 6:4
Psalm 119:10,11

Proverbs 16:23
The heart of the wise instructs his mouth and adds persuasiveness to his lips.

Proverbs 12:18
There is one who speaks rashly like the thrusts of sword, but the tongue of the wise brings healing.

What makes one wise?

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**Proverbs 15:4** ESV / 110 helpful votes

A gentle tongue is a tree of life, but perverseness in it breaks the spirit.

**Colossians 4:6** ESV / 105 helpful votes

Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

**Proverbs 10:19** ESV / 94 helpful votes

When words are many, transgression is not lacking, but whoever restrains his lips is prudent.

**Proverbs 15:1** ESV / 93 helpful votes

A soft answer turns away wrath, but a harsh word stirs up anger.

**Proverbs 17:9** ESV / 47 helpful votes **Helpful Not Helpful**

Whoever covers an offense seeks love, but he who repeats a matter separates close friends.

**Proverbs 17:28** ESV / 40 helpful votes

Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.

**Proverbs 18:2** ESV / 36 helpful votes

A fool takes no pleasure in understanding, but only in expressing his opinion

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The tongue reveals our hypocrisy.

a. How? Blessing God and Cursing men
b. Analogies
    i. Fountain: Sweet water and Bitter Water?
    ii. Fig tree producing olives
    iii. Saltwater producing fresh water

James 1:26
If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless!

James explains the power and evils of the tongue. Then he calls the reader to examine themselves. The recipients of the letter would be those who say good things about God, so he points out the inconsistency, the brokenenss if you will of those who speak evil of others.

We control the tongue first and foremost by submitting our hearts and minds to God, by meditating on the things of God.

Matthew 12:33-36
Mark 7:20-23

Because words are so powerful and make such a great impact on others and ourselves, we will be judged for what we say.