



June 9, 2019 | Part 7:

Preventative Medicine For the Text and Tongue

Proverbs 18:21 The tongue has the power of life and death, and those who love it will eat its fruit.

Psalms 19:14 May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.

Proverbs 13:3 Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.

Proverbs 21:23

The One Thing:

I Need the _____ of Jesus to _____ My Heart
and _____ My Tongue (and Text).

Proverbs 16:23-24 The hearts of the wise make their mouths prudent, and their lips promote instruction. ²⁴ Gracious words are a honeycomb, sweet to the soul and healing to the bones.

Luke 6:45

5 Pieces of Preventative Medicine:

1. Decide in Advance to _____ Life Rather Than
_____ Life.

2. Hold My _____ When Anger Begins to _____.

Proverbs 10:19 Sin is not ended by multiplying words, but the prudent hold their tongues.

Proverbs 11:12

Proverbs 17:27-28 The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered. ²⁸ Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

3. _____ My Words That _____.

Proverbs 11:9

Proverbs 11:13

Proverbs 12:18 The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Proverbs 15:4

Proverbs 29:11 Fools give full vent to their rage, but the wise bring calm in the end.

4. Listen For What's Being _____ and What's _____
Being _____.

Proverbs 18:2

Proverbs 18:13

Proverbs 20:5 The purposes of a person's heart are deep waters, but one who has insight draws them out.

5. Build _____, Not _____.

Proverbs 12:25 Anxiety weighs down the heart, but a kind word cheers it up.

Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:4

Proverbs 16:24