

USING MY TONGUE TO TRANSFORM

Proverbs 10:19 says this:

In the multitude of words sin is not lacking, but he who restrains his lips is wise.

My tongue can transform lives when I...

1. _____ The _____.

“Likewise, 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. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one’s life on fire, and is itself set on fire by hell.” (James 3:5-6)

My heart has a problem

24 hour challenge –

Do not be critical of anyone and Do not gossip about anyone.

Do not boast about yourself and do not defend yourself.

My tongue can transform lives when I...

2. _____ My _____

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. (Luke 6:45)

TAKING A SPIRITUAL EKG

WORDS	HEART
Harsh	Angry heart
Negative	Doubtful heart
Lying Critical	Deceptive heart Judgmental heart
Self-righteous	Proud heart
Faith-filled Encouraging	Hopeful heart Happy heart
Gentle	Loving heart
Soothing	Peaceful heart

My tongue can transform lives when I...

3. _____ on _____

Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots. Luke 23:34

1 Peter 2:23 When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.