

## The Mouth Can Feed Us

### **Ready:**

“From the fruit of a person’s mouth his stomach is satisfied; he is filled with the product of his lips. Death and life are in the power of the tongue, and those who love it will eat its fruit.” – Proverbs 18:20-21

### **Set**

Whenever there is a dramatic win, the audience waits to see what the coach and star player say in their postgame interview.

Now more than ever, your words stay with you and define who you are and what you represent. These coaches and players should know that what they say on live TV will either help their careers or ruin them. Their career feeds their family, so in their case, as Proverbs says, what comes out of their mouth can determine if their stomach is satisfied.

Our words matter, and in this proverb, we are given a very real look at what being foolish with our words can mean for our lives. You have seen the consequences of your words, either speaking wrongly toward your coach and sitting on the bench to disrespecting your parents and getting punished at home.

When you get older, the consequences become much steeper when we use our words loosely. Not being wise and watching our tongue can lead to us losing a job, which provides income and food for ourselves and our family. We risk losing our reputation, and if we are Christians, we risk making the Kingdom of God look poorly due to our lack of control.

The Bible talks substantially about guarding your tongue and being wise when you speak. Don’t let impulse and your flesh trap you. Rise above and look at the larger picture of the power of your words. Choose today to let your words fill your stomach and heart with love, not destroy it.

### **Go**

- In your life, who do your words affect?
- How have someone’s words negatively affected you recently?
- How can the right words end up providing for you and your family?

### **Workout**

Proverbs 18

Matthew 12:36

## **Overtime**

“Heavenly Father, each word You say matters and gives life to Your children. We say many words throughout the day. Please help us think before speaking. Guide us to use words that bring life to this world and not death. Remind us of how You speak to us and the love we can give to others if we choose to speak in the same manner. Amen.”



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