

## **Mouthguards**

### **Ready:**

"Lord, set up a guard for my mouth; keep watch at the door of my lips."

-Psalm 141:3

### **Set**

In football it's important to wear a mouthguard. This protects a player's mouth from injury. Those who don't wear mouthguards sometimes end up with missing teeth!

In life, some of us need to wear "heavenly mouthguards" to guard our words. The unkind words we say can hurt others. God is not pleased when His children say things that hurt or anger others. The Bible says that the tongue is like a wild animal that cannot be tamed by man (James 3). Only God can tame our tongues. We need His help. If we ask Him, He will help us to honor and bless others with the words we say. When we are angry, God can help us to not say damaging or unwholesome words. He also can guard our mouths when we are tempted to say untrue things about others.

Today, ask God to help you tame your tongue. You will serve Him better, and you will be a blessing to others.

### **Go**

1. Have you ever said something when you were angry that you didn't mean to say?

2. Have you put on your "heavenly mouthguard"?

3. Ask God to help control your tongue and to guard your mouth against saying bad things.

### **Workout**

Proverbs 10:19, 15:4, 18:21

James 3:1-12

1 Peter 4:11a

### **Bible Reference:**

1 Peter 4



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