

## **\$10 Million Tongue**

### **Ready:**

“With the tongue we bless our Lord and Father, and with it we curse people, who have been made in God’s likeness. Blessing and cursing came out of the same mouth. My brothers and sisters, these things should not be this way.” -- James 3:9-10

### **Set**

As competitors, it is often hard to guard our mouths. Carson Palmer, a Heisman Trophy winner, signed a \$49 million, 6-year contract with the Cincinnati Bengals in 2003.

A total of \$10 million of the deal was for his signing bonus. However, that \$10 million wasn’t contingent upon his great talent or intelligence. It was contingent upon his tongue and whether he would say anything negative about his team, coaches or management — a loyalty pledge.

There are two types of people in the world: builders and tearers. Builders use their words to lift up those around them. They pour goodness into the emotional bank accounts of others. Tearers are people who berate those around them. They are the cut-down kings, usually saying things to make themselves look better in front of others.

The tongue is only a reflection of what is in the heart. When the pressure comes, we speak what is in our heart. God desires not only for us to keep our mouths from cursing but also to abstain from being critical.

When you are under pressure, what comes out? Criticism or godliness? You might not get paid \$10 million for having a Christlike tongue, but your Savior will be glorified!

### **Go**

- What came out of your heart the last time you were under pressure in a game or job situation?
- How will you respond differently next time?

### **Workout**

[Proverbs 15:4](#)

[Ephesians 4:29](#)

### **Overtime**

“Lord, help me to be a person whose words build up those around me. I desire to glorify You

in all I say. Amen.”



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