



**Choosing Words of Life**  
as presented by Mary Lowman  
The Christian Working Woman Summer Session II  
July 16 – 20, 2018

Day 2 - Tuesday, July 17, 2018

*The tongue has the power of life and death...(Proverbs 18:21)*

**More Words of Death:**

***Lying***

*A lying tongue hates those it hurts, and a flattering mouth works ruin. (Proverbs 26:28)*

All of us have a propensity to lie for various reasons:

- To make ourselves look good
- To avoid punishment or bad results
- To avoid responsibility
- To get something we want
- To try to make someone do what we want them to do
- To cover up another lie

***Flattery***

*The Bible says that a flattering mouth works ruin. (Proverbs 26:28)*

***Insults***

*Finally, all of you live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.  
(1 Peter 3:8-10)*

***Profanity***

*With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be. (James 3:9-10)*



## Too Many Words

*A man of knowledge uses words with restraint, and a man of understanding is even-tempered. Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue. (Proverbs 17:27-28)*

*A fool finds no pleasure in understanding but delights in airing his own opinions. (Proverbs 18:2)*

*He who answers before listening—that is his folly and his shame. (Proverbs 18:13)*

*A gossip betrays a confidence; so avoid a man who talks too much. (Proverbs 20:19)*

*When words are many, sin is not absent, but he who holds his tongue is wise. (Proverbs 10:19)*

Do you remember what Jesus said about idle words?

*But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned. (Matthew 12:36-37)*

Think about the areas where you need to “use words with restraint.” Which of these types of death words are you most prone to fall into:

- I have a bad habit of fudging the truth just a bit—telling things that are not quite true, or exaggerating the truth, or failing to tell all the truth.
- I tend to flatter people for my own advantage, purposely saying things to them to cause them to show favor to me in some way.
- When someone insults me—or when I perceive they have insulted me—it pushes my “hot button,” and I usually react in negative ways.
- I have a bad habit of using certain profane words or expressions.
- I know that I often talk too much. Sometimes I have a hard time just keeping my mouth shut.



How would you paraphrase what Jesus said about words in Matthew 12:36 – 37:

*But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned.*

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