

## The Power Of The Tongue

**Proverbs 18:21 (NIV)** The tongue has the power of life and death, and those who love it will eat its fruit.

### REFLECTION

From *The Fourth Dimension – The Key to Putting Your Words to Work to Live a Successful Life* by Dr. Paul Yonggi Cho, pastor of the largest Protestant church in the world, located in Korea. (This is from the 1979 edition which is no longer in print.)

One morning I was eating breakfast with one of Korea's leading neurosurgeons, and he was telling me about a recent finding about various operations of the brain. He asked, "Dr. Cho, did you know that the speech center in the brain rules over all the nerves? You ministers really have power, because according to our recent findings in neurology, the speech center in the brain has total dominion over all the other nerves." Then the neurosurgeon began to expound on their findings. He said that the speech nerve center has such power over all the body that simply speaking can give one control over his body to manipulate it in the way he wishes. He said, "if someone keeps on saying, 'I'm going to become weak,' then right away, all the nerves receive that message and they say, 'oh, let's prepare to become weak, for we have received instructions from our central communication that we should become weak.' They then in natural sequence adjust their physical attitude to weakness. If someone says, 'Well, I have no ability – I can't do this job, then right away all the nerves begin to declare the same thing. 'Yes, they respond, we received instructions from the central nervous system saying that we have no abilities. To give up striving to develop any capability we must prepare ourselves to become a part of an incapable person.' "If someone keeps saying, 'I'm very old, I'm so very old and so tired, I can't do anything,' then right away the speech central control response begins giving out orders to that effect. The nerves response – 'yes, we are old. We are ready for the grave. Let's be ready to disintegrate.' If someone keeps on saying that he is old, then that person is soon going to die."

### BIBLICAL EVIDENCE

Our words are very powerful. This is actually nothing new. Science has now proven what The Bible has been saying for 3000+ years. Proverbs was written roughly 1000 years before Jesus was born. Proverbs 18:21 tells us the tongue has the power of \_\_\_\_\_ and \_\_\_\_\_.

James talks about the power of the tongue in James 3:3-4. He compares the tongue to a ship's \_\_\_\_\_ and a horse's \_\_\_\_\_. These respectively control where the ship and horse go. That's a lot of power for such a small thing. Verses 5-6 compares the tongue to a small \_\_\_\_\_. It can set your whole life \_\_\_\_\_.

Proverbs 21:23 says much the same thing. If we watch our \_\_\_\_\_ we can keep our life free from \_\_\_\_\_.

1 Peter 3:10 relays that if we want a good life we need to control our \_\_\_\_\_.

According to James 3:7-8 the tongue cannot be \_\_\_\_\_. It is \_\_\_\_\_.

James 3: 9-10 says our tongue can be a double edged sword. We \_\_\_\_\_ and \_\_\_\_\_ with our mouth.

James 1:26 implies that our words are as important as our actions. James says our religion is \_\_\_\_\_ if we don't control our tongue.

God knows the power of words. In Genesis 1:3 God \_\_\_\_\_ let there be light. And there was light.

Psalms 33:6 reminds us that by God's \_\_\_\_\_ the heavens were made.

God didn't just think "let there be light". He said it. Our brain acts on what we say. It is the speech center that controls the brain.

Romans 10:17 tells us faith comes by \_\_\_\_\_, not just thinking. That is why saying things out loud is so important.

The Bible has much to say about how we should use our tongue and how we should not use our tongue.

Proverbs 29:20 tells us not to speak in \_\_\_\_\_.

Psalms 34:13 commands us not to \_\_\_\_\_

Proverbs 11:12 tells us not to \_\_\_\_\_ others but to hold our tongue.

Proverbs 17:28 advises us that sometimes we need to be \_\_\_\_\_.

Proverbs 10:19 says that talking too much and \_\_\_\_\_ go together.

Proverbs 18:8 warns against \_\_\_\_\_.

Proverbs 4:24 says to avoid \_\_\_\_\_ talk and \_\_\_\_\_ speech

1 Thessalonians 4:18 tells us we should use our words to \_\_\_\_\_ one another.

In Exodus 20:7 God gives us a commandment not to misuse \_\_\_\_\_.

What we say and the way we say it can have a powerful effect on others as well.

Proverbs 16:24 tells us \_\_\_\_\_ words are \_\_\_\_\_ and bring \_\_\_\_\_.

Proverbs 25:15 tells us that \_\_\_\_\_ and \_\_\_\_\_ words can accomplish a lot.

Proverbs 15:4 says a \_\_\_\_\_ tongue is life and a \_\_\_\_\_ tongue \_\_\_\_\_ the spirit.

**KEY THOUGHT:** We get what we speak!

**APPLICATION:**

List 5 negative statements you made about yourself today.

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Change them to positive statements. \_\_\_\_\_

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List 5 positive things God says about you. \_\_\_\_\_

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Personalize these and say them to yourself (out loud) throughout the day. Example, I am a child of God, therefore I am blessed in what I do.

What are you saying about a trial in your life? \_\_\_\_\_

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Make positive statements instead. Remember what God says such as, "You are victorious in Christ Jesus." \_\_\_\_\_

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Think about what you say to your kids and/or your spouse. Are you saying good things to them? \_\_\_\_\_

Think about the day. List any negative statements you made to them. \_\_\_\_\_

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How can you change them to be healthy and positive? \_\_\_\_\_

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List positive comments you made to them. \_\_\_\_\_

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Give yourself a pat on the back! Speak positive things to them and you will see them change.

Get in the habit of speaking positively about yourself, those around you, and your life. Dr. Jim Kaseman has put together The Faith Aid. It is a pamphlet with verses from the Bible that tell us who we are and what we have in Christ. This is a great resource. A copy of this is included in your lesson. Make it a habit to read The Faith Aid out loud every day. Remember it takes 21 days of doing something to make it a habit.