

<sup>1</sup>I WILL BLESS THE LORD AT ALL TIMES;  
HIS PRAISE SHALL CONTINUALLY BE IN MY MOUTH.  
<sup>2</sup>MY SOUL MAKES ITS BOAST IN THE LORD;  
LET THE HUMBLE HEAR AND BE GLAD.  
<sup>3</sup>OH, MAGNIFY THE LORD WITH ME, AND LET US EXALT  
HIS NAME TOGETHER! <sup>4</sup>I SOUGHT THE LORD,  
AND HE ANSWERED ME AND DELIVERED ME FROM  
ALL MY FEARS... <sup>8</sup>OH, TASTE AND SEE THAT THE LORD  
IS GOOD! BLESSED IS THE MAN WHO TAKES REFUGE  
IN HIM! <sup>9</sup>OH, FEAR THE LORD, YOU HIS SAINTS,  
FOR THOSE WHO FEAR HIM HAVE NO LACK!

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<sup>10</sup>THE YOUNG LIONS SUFFER WANT AND HUNGER;  
BUT THOSE WHO SEEK THE LORD LACK NO GOOD THING...  
<sup>12</sup>WHAT MAN IS THERE WHO DESIRES LIFE AND  
LOVES MANY DAYS, THAT HE MAY SEE GOOD?  
<sup>13</sup>KEEP YOUR TONGUE FROM EVIL AND YOUR LIPS FROM  
SPEAKING DECEIT. <sup>14</sup>TURN AWAY FROM EVIL AND  
DO GOOD; SEEK PEACE AND PURSUE IT... <sup>18</sup>THE LORD  
IS NEAR TO THE BROKENHEARTED AND SAVES THE  
CRUSHED IN SPIRIT... <sup>22</sup>THE LORD REDEEMS THE LIFE  
OF HIS SERVANTS; NONE OF THOSE WHO TAKE REFUGE IN  
HIM WILL BE CONDEMNED. —PSALM 34:1-4, 8-10, 12-14, 18, 22

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RECOGNIZE THIS:  
I. YOUR WORDS ARE REVEALING

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THE GOOD PERSON  
OUT OF THE GOOD  
TREASURE OF HIS HEART  
PRODUCES GOOD, AND  
THE EVIL PERSON OUT  
OF HIS EVIL TREASURE  
PRODUCES EVIL, FOR  
OUT OF THE ABUNDANCE  
OF THE HEART  
HIS MOUTH SPEAKS.  
—LUKE 6:45

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“... WHEN WE REFLECT ON THE POWER OF WORDS, WE FIND A REMARKABLE THEME THAT RESONATES THROUGHOUT THE BIBLE. OUR WORDS ARE NOT JUST MERE SOUNDS; THEY CARRY THE WEIGHT OF OUR INTENTIONS AND CAN SHAPE THE REALITY AROUND US. WE ARE REMINDED THAT GOD CREATED THE WORLD THROUGH HIS WORDS, HIGHLIGHTING THE IMPORTANCE OF SPEECH. IN OUR DAILY LIVES, WE MUST BE CONSCIOUS OF HOW WE COMMUNICATE. OUR CONVERSATIONS CAN BUILD OTHERS UP OR TEAR THEM DOWN...” —CHRISTIANITYPATH.COM

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“THERE IS NO RESTRAINING MEN'S TONGUES OR PENS WHEN CHARGED WITH A LITTLE VANITY.”  
—GEORGE WASHINGTON

“NEVER TRUST YOUR TONGUE WHEN YOUR HEART IS BITTER.”  
—SAMUEL JOHNSON

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• WORDS CAN BREED DANGER AND DESTRUCTION

AND THE TONGUE IS A FIRE, A WORLD OF UNRIGHTEOUSNESS. THE TONGUE IS SET AMONG OUR MEMBERS, STAINING THE WHOLE BODY, SETTING ON FIRE THE ENTIRE COURSE OF LIFE, AND SET ON FIRE BY HELL. —JAMES 3:6

REMEMBER THIS:  
2. YOUR WORDS ARE POWERFUL

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“BY SWALLOWING EVIL WORDS UNSAID,  
NO ONE HAS EVER HARMED HIS STOMACH.”  
—WINSTON CHURCHILL

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• WORDS CAN BE  
SUBTLE AND  
POISONOUS

BUT NO HUMAN BEING  
CAN TAME THE TONGUE.  
IT IS A RESTLESS EVIL,  
FULL OF DEADLY POISON.

—JAMES 3:8

THE WORDS OF A TALEBEARER ARE LIKE TASTY TRIFLES,  
AND THEY GO DOWN INTO THE INMOST BODY.  
—PROVERBS 18:8 (NKJV)

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“GUARD YOUR TONGUE, AND USE IT FOR GOOD  
INSTEAD OF EVIL. HOW MANY MARRIAGES OR FRIENDSHIPS  
HAVE BEEN DESTROYED BECAUSE OF CRITICISM  
THAT SPIRALED OUT OF CONTROL?  
HOW MANY RELATIONSHIPS HAVE BROKEN DOWN  
BECAUSE OF A WORD SPOKEN THOUGHTLESSLY  
OR IN ANGER? A HARSH WORD CAN'T BE TAKEN BACK;  
NO APOLOGY CAN FULLY REPAIR ITS DAMAGE.”

—BILLY GRAHAM

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• WORDS WILL FACE  
ACCOUNTABILITY  
AND JUDGMENT

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

<sup>9</sup>THAT IF YOU CONFESS  
WITH YOUR MOUTH  
THE LORD JESUS AND  
BELIEVE IN YOUR HEART  
THAT GOD HAS RAISED HIM  
FROM THE DEAD, YOU WILL  
BE SAVED. <sup>10</sup>FOR WITH THE  
HEART ONE BELIEVES  
UNTO RIGHTEOUSNESS,  
AND WITH THE MOUTH  
CONFESSTION IS MADE  
UNTO SALVATION.

—ROMANS 10:9-10

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RESOLVE THIS:  
3. YOUR WORDS CAN GIVE LIFE

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<sup>11</sup>COME, O CHILDREN,  
LISTEN TO ME;  
I WILL TEACH YOU THE  
FEAR OF THE LORD.  
<sup>12</sup>WHAT MAN IS THERE  
WHO DESIRES LIFE AND  
LOVES MANY DAYS,  
THAT HE MAY SEE GOOD?

—PALM 34:11-12

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“LET NO CORRUPTING  
TALK COME OUT  
OF YOUR MOUTHS,  
BUT ONLY SUCH AS IS  
GOOD FOR BUILDING UP,  
AS FITS THE OCCASION,  
THAT IT MAY GIVE GRACE  
TO THOSE WHO HEAR.”  
—EPHESIANS 4:29

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GUARD YOUR HEART  
ABOVE ALL ELSE,  
FOR IT DETERMINES THE  
COURSE OF YOUR LIFE.  
—PROVERBS 4:23 (NLT)

DEATH AND LIFE  
ARE IN THE POWER  
OF THE TONGUE,  
AND THOSE WHO LOVE IT  
WILL EAT ITS FRUITS.  
—PROVERBS 18:21

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## I) WE MUST PREVENT AND PROTECT (PSALM 34:13)

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### A PROVERBIAL GUIDE TO WISE USE OF SOCIAL MEDIA

A SOFT ANSWER  
TURNS AWAY  
WRATH, BUT A  
HARSH WORD  
STIRS UP ANGER.  
—PROVERBS 15:1

ANSWER NOT A  
FOOL ACCORDING  
TO HIS FOLLY,  
LEST YOU BE LIKE  
HIM YOURSELF.  
—PROVERBS 26:4

IF ONE GIVES AN  
ANSWER BEFORE  
HE HEARS, IT IS HIS  
FOLLY AND SHAME.  
—PROVERBS 18:13

THERE IS ONE  
WHOSE RASH  
WORDS ARE LIKE  
SWORD THRUSTS,  
BUT THE TONGUE  
OF THE WISE  
BRINGS HEALING.  
—PROVERBS 12:18

THE WAY OF A  
FOOL IS RIGHT  
IN HIS OWN EYES,  
BUT A WISE MAN  
LISTENS TO  
ADVICE.  
—PROVERBS 12:15

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## A PROVERBIAL GUIDE TO WISE USE OF SOCIAL MEDIA

THE ONE WHO CONCEALS HATRED HAS LYING LIPS, AND WHOEVER UTTERS SLANDER IS A FOOL. WHEN WORDS ARE MANY, TRANSGRESSION IS NOT LACKING, BUT WHOEVER RESTRAINS HIS LIPS IS PRUDENT.  
—PROV. 10:18-19

A FOOL'S LIPS WALK INTO A FIGHT, AND HIS MOUTH INVITES A BEATING.  
A FOOL'S MOUTH IS HIS RUIN, AND HIS LIPS ARE A SNARE TO HIS SOUL.  
—PROVERBS 18:6-7

A FOOL GIVES FULL VENT TO HIS SPIRIT, BUT A WISE MAN QUIETLY HOLDS IT BACK.  
—PROVERBS 29:11  
DO YOU SEE A MAN WHO IS HASTY IN HIS WORDS?  
THERE IS MORE HOPE FOR A FOOL THAN FOR HIM.  
—PROVERBS 29:20

A GENTLE TONGUE IS A TREE OF LIFE, BUT PERVERSENESS IN IT BREAKS THE SPIRIT.  
—PROVERBS 15:4

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2) WE MUST REPENT AND RENOUNCE  
(PSALM 34:14a)

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LET THE WORDS OF MY MOUTH AND THE MEDITATION OF MY HEART BE ACCEPTABLE IN YOUR SIGHT, O LORD, MY ROCK AND MY REDEEMER. —PSALM 19:14

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## 3) WE MUST RETURN AND RECONCILE

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THEREFORE, CONFESS  
YOUR SINS TO ONE ANOTHER  
AND PRAY FOR ONE ANOTHER,  
THAT YOU MAY BE HEALED.

THE PRAYER OF A  
RIGHTEOUS PERSON HAS  
GREAT POWER AS IT IS  
WORKING. —JAMES 5:16

THE LORD REDEEMS THE LIFE  
OF HIS SERVANTS; NONE  
OF THOSE WHO TAKE REFUGE  
IN HIM WILL BE CONDEMNED.

—PSALM 34:22

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