

# Tame The Tongue

## For 40 Days Adopt Three Tongue Intentions:

- Do no Harm
- Encourage Others
- Be Positive

- Cheer for someone. You could literally do this by going to a child's game and cheering for them from the stands.
- Offer direction. i.e "Have you considered going back to school?" Or, "Call Bob, I think he has an opening?"
- Offer prayer. Praying with or for someone can be a powerful form of encouragement. Even just letting them know that you are praying for them can be helpful.
- Offer hope. "Hang in there. This too shall pass."
- And much, much more.

### Do no harm

*"Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."*

*Colossians 4:6*

Taming begins with restraining your tongue. Refrain from hurtful words about or to others. Live into the old adage, "If you don't have something nice to say, don't say anything at all." Doing no harm isn't always just about the content of what you say. It's often a matter of how you say it. Abstain from speaking sarcastically or snidely.

Also, avoid complaining in general. Being negative often depletes others and sows seeds of discontent. Criticism and grumbling can rapidly divide a community.

### Encourage others

*"Therefore encourage one another and build one another up, just as you are doing." 1 Thessalonians 5:11*

Encourage at least one person a day. For example you could:

- Acknowledge gifts and talents. i.e. "You really have a beautiful voice."
- Urge someone to do or be something. i.e. "Come join us for family night supper. We would love having you there." Or, "I really think you should try out for the play. You would be great."

### Be Positive

*"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." Philippians 4:8*

Paul didn't say that we should speak about all of the positive things he urged the Philippians to think about, but your speech can be a catalyst for someone else's thoughts. So spread goodness and prompt good thinking by speaking about whatever is true, honorable, just, pure, lovely, commendable, excellent or praise worthy. If you do, you will be a fountain of joy.

### Two Keys to Success

**Start each day with a simple prayer** such as, "God I yield my lips over to serve you. Help me to do no harm, encourage others and spread goodness."

**Evaluate at the end of each day.** As you lay down to sleep ask yourself, "How did I restrain my tongue? How did I encourage? How did I share good things?"

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