

<Example: I had a situation in my life when someone had meaningfully wronged me. It went unforgiven for months, I put it in the back of my mind. I then noticed every time this person came into my thoughts, or if I saw them, the things I would say were displeasing and negative. Until I asked God to help me deal with the unforgiveness and release what needed to happen in my heart, I didn't have freedom. Many times, healing TAKES time, yes! However, forgiveness must come. If not, then, like in my situation, the sin of unforgiveness will begin to bear fruit! It was no longer the way I wanted to think about them but the sin in me that manifested itself and I verbally and/or mentally expressed my discontent with this individual.>

*The things we say and talk about have POWER, they can bring death or life!*

PRAY. THINK. REFLECT.

Pray about people or situations in your life that haven't been dealt with. Situations that are bringing words and thoughts out of your mouth that don't belong there? Write them down below. Be transparent.

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Prov 20:19, Whoever goes about slandering reveals secrets; therefore, do not associate with a simple babblers.

Take a close look at the people who are nearest and dearest to you. Are there friends in your life that are hindering your spiritual walk? Our choice of friends speaks volumes about us. Perhaps there are people in your life that are influencing you in the wrong direction? If your conversations were exposed, would you be uncomfortable? If so, perhaps it's time to make some changes to your list of friends?

1 Thes 5:11

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◇ *Continually speaking negatively becomes a habit, habits become lifestyles.* ◇

If uncontrolled, the tongue is capable of so much damage!

*Matt 15: 11 (Definition of defiles - to make dirty or lose its purity.)*

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But I say, walk by the Spirit, and you will not gratify the desires of the flesh. Gal 5:16