

Part 2:

Does Scripture have guideline for what we should and shouldn't talk about?

Proverbs 15:4

Read James 3:2

I will never be able to be perfect in my speech. I will stumble in the things that come out of my mouth continually. Does that mean I should stop trying? **NO!** The more aware we are of the impact our words have, the better we will get filtering our speech and what is acceptable to the Holy Spirit.

Luke 6:45 (What are we to be filling our hearts with? Whatever we fill it with, will overflow into our words and deeds.!)

Eph 4: 29 (It doesn't say try not to let words escape or "slip" that are bad. The standards are high for Christians. **NO** corrupt words should come out of your mouth! That's some precise instructions.)

1 Tim 4:12 (This Scripture really made me think. Notice, it doesn't say we are to be an example to only unbelievers, but to believers as well! Being a example to believers in our word.)

The standards are so high! What do we do?

Have my words have been unkind when speaking to my husband, kids, parents, co-workers, friends and fellow believers. What about the things you say about ourselves? Are they always positive? You are created in the image of God. How is your self-esteem? Or are you constantly comparing yourself to others and never content where God has placed you. How He has shaped your life and for what purpose?

When we speak and think negatively, chemicals are released in our brains, causing anxiety and impacting our physical body and effecting us spiritually. Stress producing hormones are released and cause emotional harm which often times leads to serious effects. Do some research! You'll be blown away about the power our words have on us.

Did you know that yelling and screaming produces harmful chemical in the brain? Not only will it produce negative chemicals in my brain, but in my child's as well when his brain registers the negative information we sent him way! Ouch!