

**Time for some spiritual tuning!**

**CONFESS** to God the damage my words have made. Trying to name as many as I can remember, words I've said to myself and the things I've said to people in my life and about myself!

**CONFESS** that I need the Holy Spirit in me, to speak through me and guide me. I need the Holy Spirit to take over my tongue and clean out my spiritual heart so what flows out, reflects what's in the heart. It's **REALLY** hard and a slow journey!

James 1:22-25 (Now that we've studied the importance of our words, the dangers of the tongue. Don't just observe what the Scriptures says, stay long enough to want to apply changes to your life. Fix what the reflection in the mirror revealed.)

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Eph 5: 2-3 (Lots to think about..)

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Prov 18: 20

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Matt 12:36 (This is a verse you want to hand write and post in several visible areas in your home. This verse is such a wonderful reminder that we will not have an excuse for what we speak. Our words will come back to judge us. We will not have an excuse that the kids were loud, or that the husband was late and dinner was cold, or that the traffic was way too long. Those excuses will not have weight. Why not? Because we were supposed to be led by the Holy Spirit living in us. We knew we couldn't tame our tongue on our own, He wanted to live in us and guide us.)

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**PRAY-** That God will give a strong conscious and awareness about the impact our words have. They bring life or death! (Be prepared for God to show you, it may hurt. He'll put you in situations where the Holy Spirit will work on you and the adjustments will be painful at times.)

## SELF-EVALUATION, Part 2-

Go to the above labeled page.

Search the verses discussed in part 2. Find other Scriptures that leave us with clear instructions what we, as Christians, **SHOULD** be talking about. Read and research what we should be talking about.

Jot down what the Holy Spirit convicts you of personally.

Perhaps there are things like gossip, lies, judgement, comparison, low self-esteem, insecurities, and the list will go on in our words that need to disappear from our thoughts and speech? They need to be gone from our spiritual hearts!