

30 DAYS TO TAMING YOUR TONGUE (A Word Fast)

DAY 1 - DAY 8

The Word of Faith Church, Inc. 2100 Broadway Avenue San Pablo, California 94806 <u>www.wordofaith.com</u> 11 March – 18 March 2024

"30 Days to Taming Your Tongue" What You SAY (and Don't SAY) Will Improve Your Relationships and Your Life

- 1. James 3:1-16. Ps 141:3; Job 20:12-16; Luke 21:15; Matt 15:10-11; Ps 34:1; Ps 81:10; Ps 140:1-3; Pro 12:14; 13:1-3; 18:20-21.
- 2. To "Tame" means to brings from a state of unruliness to a state of submission. A person would have to live in total isolation to begin to accomplish such a feat with his tongue Mark 16:17. Even self-talk would probably be negative in some way and therefore rob us of total victory. The only hope for the tongue is the Spirit of God. The first thing we must do is to let the Spirit of God reveal where we are and let Him change us. John 8:32 "And you shall know the truth and the truth shall make you free." As we submit our tongue unto God for these 30 days, He will show us how to speak. Is 50:4.
- 3. God cannot lie. Tit 1:2; Heb 6:13-18.
- 4. Isaiah 57:19 I create the fruit of the lips. Peace. Peace, to him that is far off, (GENTILES, us) and those that are near, (JEWS) and I will heal them!

**PLEASE NOTE: THE ATTACHED DOCUMENT IS A LIST OF TONGUES THAT WE SHOULD BE REFRAINING FROM

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Tongues We are Fasting From

- 1. LYING Deceitfulness Half- Truths Exaggerating Lying lips are an abomination to the Lord. Proverb 12:22; 26:19, 28.
- 2. FLATTERING A lie covered with flowery words. Sometimes used to gain acceptance. Ps 5:9; Ps 78:36-39; Proverbs 2:16; 7:5; 20:19; 28:23; 29:5; Dan 11:21, 32; Job 32:21; Ps 12 (entire chapter); Proverb 7:21; 26:28; Ez 12:24; 1 Thess 2:5.
- 3. MANIPULATION Judges 16 (Samson) falsehood. Crafty use of the tongue.
- 4. HASTY Proverbs 14:29; 18:13; 20:21; 21:5 (a person of haste will not succeed) 29:20; Eccl 5:1-9 (Rash mouth)
- 5. DIVISIVE Proverbs 6:12-19 divide and conquer, satan's way. Proverbs 3:29; Ps 35:20-21; Ez 11:2; Micah 2:1-3; Eph 4:1-6; Matt 12:24-30.
- 6. ARGUMENTATIVE Proverbs 20:3 cease for peace. One who enjoys rejecting another point of view. Fuss, to cause altercations, contention, quarreler Proverbs 21:19; 26:21; 27:4.
- 7. BOASTING/ BRAGGING– Pro 27:1-2; 2 Chr 25:19; Ps 49:5-14; 94:4; 97:7; (Men call streets by their own names in pride) Telling others who/what they are, how great you are, what they know (which is everything). (All the time) Nebuchadnezzar. Daniel Ch 4 (entire) Know-it-All – Prov 12:23. Always making a show. Proud. No humility.
- 8. SELF-DEPRECATING Under value oneself. Ex 4:10-17. Moses never became eloquent because he never sought status. Seeing yourself as of little or no worth. God was angry at Moses because of his perception of himself. V.14
- 9. SLANDERING- To use the tongue to defame, abuse, scandalize, belittle, or blacken the character of another. Ex 23:1; Deut 22:13-18; James 4:11; 1 Pet 2:1. Causes of slander: Evil heart Luke 6:45; hatred; idleness (1 Tim 5:13). People who slander: Wicked Ps 50:16-20; Hypocrites Pr 11:9; satanic power Rev 12:10; deceivers Ps 52:4; fools Pr.10:18; backslider Romans 1:29-32; Some people of alternate lifestyles 2 Peter 2:10. Results of slander Friends separated Proverbs 16:28; 17:9; Wounds Prov 18:8; 26:22; Strife Proverbs 26:20; Discord among the brethren Proverbs 6:19; Anger Prov 25:23; Murder Ps 31:13; Eze 22:9.
- 10. GOSSIPING A peddler, who peddles scandal, obtaining the secrets of others, telling them wherever they go. 1 Sam 22:9-18; Jer 6:27-30; Pro 20:19; 26:17, 20, 21; 26:22-28.

- 11. MEDDLING "Nosey Rosey" Pro 26:17; 2 Thes 3:10-11 (If a man does not work, he should not eat); 1 Pet 4:15. Seek info from their subjects; how much is that? Are you working? What does the Church do about this or that?? What did the Dr. say? The Bible says they are a curse to any neighborhood.
- 12. BETRAYING –Obtain and share information to hurt others. The most devastated betrayal, in the history of the world, was to Jesus, by Judas. Matt 26.
- 13. BELITTLING Do people feel better after spending time with you??? 1 Thess 5:11; Ep 4:29.
- 14. CYNICAL –Contemptuous; skeptical; distrustful; pessimistic, mocking, scornful, suspicious; scorns the motives of others. 1 Sam 28-29
- 15. HARSH Prov 31:26 no wisdom, no kindness, wise, not intelligent or highly cultured in mind and manners; not graceful or even tempered. 1 Pet 3:8-13; Jude (entire chapter) 1 Cor 13. Harsh words never die.
- 16. TACTLESS Dan 1:8-14; diplomacy vs. tactlessness no defined skill to deal with difficult matters. No sensitivity to others. Razor tongue.
- **17. INTIMIDATING 1 Sam 17:41-44; Causing fear through verbal attacks** with the tongue.