

Creating a Better Life Series

Session 1 - "Watch Your Mouth"

Matt. 12: 36-37 But I say to you that for every idle word men may speak, they will give account of it in the Day of Judgment. For by your words you will be justified and by your words you will be condemned.

Prov. 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruit.

God created the heaven and earth with His words. He takes words very seriously. This is why He said we will give an account of every idle word we speak. An idle word is a careless word. The Greek phrase Jesus used, *rema argos*, carries the meaning of "careless or unprofitable words." These are words that are spoken with the effect of causing harm.

He created us with the ability to create or destroy with our own words.

We don't realize the powerful effect words can have. They can build up and heal, or they can tear down and wound. You probably remember certain things that were said to you many years ago, even in your childhood, good or bad. Maybe they were hurtful words from other children, or encouraging words from a friend or an adult.

James 3:8-10 says the tongue is "an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God...out of the same mouth proceed blessing and cursing...these things ought not to be so."

This is confusion. It betrays our carnality and spiritual immaturity. No matter how spiritual we think we are, our words reveal who we really are.

Matt. 12: 24...for out of the abundance of the heart the mouth speaks.

James is not talking about profanity. He's describing literal curses created with words. Word curses can be created intentionally or unintentionally. They are most influential when spoken by someone in authority, such as parents, teachers, coaches, even pastors and church leaders. Examples would be:

"You're so stupid"

"You're ugly. No one will ever want to marry you."

"You're just like your no good father" (be careful how you speak about an ex to your children, even if they're now adults)

"You're fat"

"You're skinny"

The enemy uses these words to bring depression, anger, self-hatred, low self-esteem, and other symptoms, which often manifest in self-destructive behaviors, like addictions, promiscuity, cutting, even suicide.

So what should we do?

1. Renounce

The first thing is to renounce any negative words that have affected you. Declare that they are false and unbiblical, and dismiss them from your life. We have the power to do so, and if they try to creep back, repeat the renunciation.

2. Replace

Find as many verses as you can that tell you about who you are in Christ. Begin to speak these verses and say that this is who you are now. "Old things have passed away, and all things have become new. I am new in Christ" (2 Cor. 5:17). It doesn't matter if you've been saved for decades. Declare that you're a new creation in Christ.

"I am blessed with all spiritual blessings in Christ" (Eph. 1:3).

"What God has blessed, no one can curse" (Num. 23:8).

“I am an heir of God, and a joint heir with Christ” (Rom. 8: 17)

“I am seated with Him in heavenly places in Christ” (Eph. 2:6)

Of all the people in all the world throughout all time, God chose a remnant to be His own people, and He chose me. That’s how much He loves me.

“I am a chosen generation, a royal priesthood, a holy nation, a people of God’s own possession” (1 Pet. 2:9).

3. Release

Always be sure to FORGIVE the one who spoke a negative word or a word curse over you and release them. Also release any bitterness or anger you might be feeling about them. Whether or not they deserve it is beside the point. Releasing them releases you.

Matt. 6: 15 But if you do not forgive others their sins, your Father will not forgive your sins.

4. Repent

Repent of any curses or negative words you may have spoken over others. Where possible, go to the person and ask them to forgive you. Be careful and prayerful here, because they may not have remembered it. Do this where you know your words have created a rift in your relationship.

Matt. 18: 15 Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

Once these things have been done, make these changes going forward:

A. Be careful how you speak to children. Don’t make the mistake of creating new wounds.

B. Be careful how you speak about all in authority. Speaking against authority is indirectly speaking against God (Rom. 13: 1-2). This does not mean we can't disagree with those in authority, but we must watch our language. And remember to always pray for those in authority (I Tim. 2: 1-4). It's harder to speak negatively about someone you're praying for.

C. Bless those who curse you (Matt. 5:44). We reap what we sow (Gal. 6:7). If we bless others, we will be blessed. If we curse others, we will be cursed.

D. Encourage people with your words. Don't wait for the funeral! Say it while they can hear it. Birthdays are a good opportunity to do it. Send them a birthday card with a handwritten expression. But you can bless them any time of year, and should do so when it comes to mind.

So remember to use your words wisely. Speak life and blessing, and you will be blessed in return.