

Proverbs 18:21 NIV

The tongue has the power of life and death, and those who love it will eat its fruit.

## Small changes in the words we speak create a BIG impact in the lives we live.

James 3:3-5 NIV

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider when a great forest is set on fire by a small spark.

### If you don't have anything nice to say, shut up

Proverbs 15:28 NIV

The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.

Proverbs 17:28 NIV

Even fools are thought wise if they keep silent, and discerning if they hold their tongues

Ephesians 4:29a NIV

Do not let any unwholesome talk come out of your mouths...

### If you have something nice to say, speak up

Ephesians 4:29b NIV

...but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Proverbs 16:24 NIV

Gracious words are a honeycomb, sweet to the soul and healing to the bones

1 Thessalonians 5:11 NIV

Therefore encourage one another and build each other up...

### In whatever you say, look up

John 8:10 NIV

Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

Ephesians 4:15 NIV

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ

\*\*\*Response\*\*\*

I'm going to choose words that bring light to the world