

7 TIPS TO STOP SHOOTING FROM THE LIPS

By Karen Ehman

Does your mouth sometimes get you into a heap of trouble? Consider these seven verses—and the corresponding tips—to help you to stop shooting from the lips. You may even want to commit one or more of the verses to memory.

(All verses are from the NIV version of the Bible)

“Set a guard over my mouth, Lord; keep watch over the door of my lips.”

Psalm 141:3

1

Each day, ask the Lord to set a “guard over your mouth” preventing you from saying something that you might later regret. If it helps, don’t just set a guard, set an alarm on your phone! It will be a daily reminder to pray this prayer of prevention that will help you refrain from regretful speech.

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” Joshua 1:8

2

How are you doing when it comes to meditating on God’s word day and night? Place your Bible on your nightstand right now to remind you each morning upon rising, and each evening before tucking yourself in bed, to grab God’s word and meditate upon it.

Do you see someone who speaks in haste? There is more hope for a fool than for them. Psalm 29:20

3

Purpose today to pause a little before you answer someone or before you make a statement. Use five brief seconds to shoot up a flash prayer to God asking for the right words to say.

Pay attention and turn your ear to the sayings of the wise; apply your heart to what I teach, for it is pleasing when you keep them in your heart and have all of them ready on your lips. Proverbs 22:17-18

4

Take a few moments today to look up some verses on wisdom. Read them slowly and ask the Lord to help you store knowledge and understanding in your heart so that when your lips are ready to move, the words that tumble out will be wise as well.

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"...as long as I have life within me, the breath of God in my nostrils, my lips will not say anything wicked, and my tongue will not utter lies." Job 27:3-4

5

Perhaps nothing has gotten us in more trouble than uttering a lie. Do you remember a time when you lied and the awful outcome that ensued? What happened? Purpose today to speak only the truth. Before saying anything, ask yourself if you know what you are about to say is 100% true. If it is not, keep your lips zipped.

May the Lord silence all flattering lips and every boastful tongue. Psalm 12:3

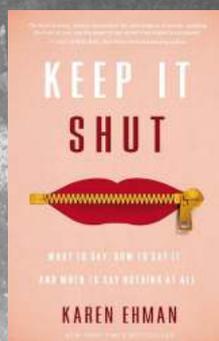
6

Are you ever tempted to flatter someone, telling them something that isn't quite true in order to please them? Or, have you been tempted to brag on yourself? Think today about flattering lips and boastful tongues. Determine to make it through the next 24 hours without using your words to butter up another person. Also, in that same time period, refrain from saying anything about yourself—your abilities, your possessions, your children, or any other thing, that may appear to be boasting. You don't want the Lord to have to silence you! Better to keep our mouths in check instead.

Words from the mouth of the wise are gracious, but fools are consumed by their own lips. Ecclesiastes 10:12

7

Gracious words are a gift. Make it your aim today to speak words of grace to others. Be patient. Give others the benefit of the doubt. Believe the best before you assume the worst. If someone does something that angers you and you feel justified in lashing out, speak kindly and gently to them instead. See if giving grace doesn't bring a warm feeling to your heart and put a smile on your face.



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Karen Ehman
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