

# THINK Before You Speak

---

## Introduction:

- **James 1:26** If we don't control our tongue, our religion is worthless.
- **Proverbs 13:3** If we guard our mouth, we can guard our life.
- **THINK**

**T=**True                      Is what we are about to say **TRUE**?

- **Psalms 34:13** (NIV) Keep your tongue from evil and your lips from speaking lies.
- Even if what we are about to say is true, is it *helpful, necessary, or kind*?

**H=**Helpful                      Is what we are about to say **HELPFUL**?

- **Colossians 4:6** (NIV) Our conversation should always be full of grace, seasoned with salt, so that we may know how to answer everyone.

**I=**Inspiring                      Is what we are about to say **INSPIRATIONAL**?

- **Malachi 3:16** (NIV) "Then those who feared the Lord talked with each other, and the Lord listened and heard. A scroll of remembrance was written in His presence concerning those who feared the Lord and honored His name."

**N=**Necessary                      Is what we are about to say **NECESSARY**?

- **Proverbs 17:27&28** A wise person does not do a lot of talking.

**K=**Kind                              Is what we are about to say **KIND**?

- **Matthew 12:34-37** Kindness has to come from the heart.
- **Galatians 5:20&21** Kindness (NIV) or gentleness (KJV) is a fruit of the Holy Spirit.

Conclusion: If we have submitted to God, and He is abiding in us, He will speak His words through us.