

## Watch What You Say

1. **Don't talk too much.** If we do, sooner or later we are likely to say something just to say something. Be meaningful in your conversation.
2. **Don't put your tongue in motion until your brain is in gear.** (Proverbs 13:3) This is usually easier for introverts than for extroverts!
3. **Don't speak hastily when you are filled with anger or hatred (Proverbs 15:1).** Try counting to ten - or a hundred - first.
4. **Don't be a gossip** (Proverbs 11:13; 18:8)
5. **Don't use foul language or "trash talk" that seems so popular in many circles today.** This is specifically condemned in Ephesians 5:4.
6. **Speak to edify** (Proverbs 25:11), especially with the saving message of the gospel.
7. **Be an encourager.** A few kind words can lift a discouraged person. Think of Barnabas, whose name means "Son of Encouragement" (Acts 4:36)
8. **Carry on every conversation as if Jesus were listening** – which He is.