

**July 10, 2019**  
**“How to Keep Your Foot Out of Your Mouth”**  
**Various Proverbs**

**I. Think before you Speak (17:27-28; 21:23)**

- A. Appearance** *“The intelligent person restrains his words, and one who keeps a cool head is a man of understanding. Even a fool is considered wise when he keeps silent, discerning when he seals his lips.”* (17:27-28)
- B. Avoidance** *“The one who guards his mouth and tongue keeps himself out of trouble.”* (21:23)

**II. Recognize the Power of Words (18:19-21)**

- A. Strife** *“An offended brother is harder to reach than a fortified city, and quarrels are like the bars of a fortress.”* (19)
- B. Satisfaction** *“From the fruit of his mouth a man’s stomach is satisfied; he is filled with the product of his lips.”* (20)
- C. Seduction** *“Life and death are in the power of the tongue, and those who love it will eat its fruit.”* (21)

**III. Guard against Gossip (11:13; 26:20-24)**

- A. Definition** *“A gossip goes around revealing a secret, but a trustworthy person keeps a confidence.”* (11:13)
- B. Defamation** *“Without wood, fire goes out; without a gossip, conflict dies down. As charcoal for embers and wood for fire, so is a quarrelsome man for kindling strife. A gossip’s words are like choice food that goes down to one’s innermost being. Smooth lips with an evil heart are like glaze on an earthen vessel. A hateful person disguises himself with his speech and harbors deceit within.”* (26:20-24)

#### IV. Guard Against Falsehood (10:18-19; 12:17-19)

- A. Discretion *“The one who conceals hatred has lying lips, and whoever spreads slander is a fool. When there are many words, sin is unavoidable, but the one who controls his lips is wise.”* (10:18-19)
- B. Duration *“Whoever Speaks the truth declares what is right, but a false witness, deceit. There is one who speaks rashly, like a piercing sword; but the tongue of the wise brings healing. Truthful lips endure forever but a lying tongue, only a moment.”* (12:17-19)

#### V. Use Words to Help and Heal (25:11-13; 31:8-9)

- A. Special Joy *“A word spoken at the right time is like gold apples on a silver tray. A wise correction to a receptive ear is like a gold ring or an ornament of gold. To those who send him, a trustworthy messenger is like the coolness of snow on a harvest day; he refreshes the life of his masters.”* (25:11-13)
- B. Social Justice *“Speak up for those who have no voice, for the justice of all who are dispossessed. Speak up, judge righteously, and defend the cause of the oppressed and needy.”* (31:8-9)

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