

A grayscale photograph of a person's hands clasped together, resting on an open book. The background is dark, and the lighting highlights the texture of the hands and the pages of the book. The word 'PROVERBS' is written in large, bold, yellow, sans-serif capital letters across the center of the image. Below it, the phrase 'Wisdom for Living' is written in a white, cursive script font.

# PROVERBS

*Wisdom for Living*

A word fitly spoken is like apples of gold in a setting of silver.

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and **their religion is worthless.**



# PROVERBS

*Wisdom for Living*

❖ Slow down

# PROVERBS

*Wisdom for Living*

Make sure your brain is engaged before putting your mouth in gear.

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

Those who guard their mouths and their tongues keep themselves from calamity.



To answer before listening— that is folly and shame.

My dear brothers and sisters, take note of this:  
Everyone should be quick to listen, slow to speak and  
slow to become angry,

A fool vents all his feelings, But a wise man holds them  
back.

Fools find no pleasure in understanding but delight in airing their own opinions.

The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered. Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

*Proverbs 17:27–28 (NIV)*

Too much talk leads to sin.

Be sensible and keep your mouth shut.



**PROVERBS**  
*Wisdom for Living*

- Slow down

❖ Your words have incredible power

Do not withhold good from those to whom it is due,  
when it is in your power to act.



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

A person finds joy in giving an apt reply— and how good is a timely word!

Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.

We can make a large horse go wherever we want by means of a small bit in its mouth. And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. In the same way, the tongue is a small thing that makes grand speeches.

But a tiny spark can set a great forest on fire. And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.

The lips of fools bring them strife, and their mouths  
invite a beating.

Do not let any unwholesome talk come out of your mouths, but **only what is helpful for building others up according to their needs**, that it may benefit those who listen.

Keep your mouth free of perversity; keep **corrupt** talk  
far from your lips.



To fear the Lord is to hate evil; I hate pride and arrogance, evil behavior and perverse speech.

The words of a gossip are like choice morsels; they go  
down to the inmost parts.

A perverse person stirs up conflict, and a gossip separates close friends.

Whoever belittles his neighbor lacks sense, but **a man of understanding remains silent.**

A gossip betrays a confidence, but **a trustworthy person keeps a secret.**

Without wood a fire goes out; without a gossip a quarrel dies down.

A gossip betrays a confidence; **so avoid anyone who  
talks too much.**

A gentle answer turns away wrath, but a harsh word  
stirs up anger.





# PROVERBS

*Wisdom for Living*

- Slow down
- Your words have incredible power

❖ Speak the truth

The Lord detests lying lips, but he delights in people who are trustworthy.

All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.



# PROVERBS

*Wisdom for Living*

- Slow down
- Your words have incredible power
- Speak the truth

❖ Don't waste your words

Do not speak to fools, for they will scorn your prudent words.

“Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces.



# PROVERBS

*Wisdom for Living*

- Slow down
- Your words have incredible power
- Speak the truth
- Don't waste your words

❖ You are accountable for your words

But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. For by your words you will be acquitted, and by your words you will be condemned.”

*Matthew 12:36–37 (NIV)*





# PROVERBS

*Wisdom for Living*

- Slow down
- Your words have incredible power
- Speak the truth
- Don't waste your words
- You are accountable for your words

❖ To change your speech, you must first change your heart

You brood of vipers, how can you who are evil say anything good? **For the mouth speaks what the heart is full of.**

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.



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- You are accountable for your words
- To change your speech, you must first change your heart

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*Wisdom for Living*