

### Tongue Part 3

***“Whoso keepeth his mouth and his tongue keepeth his soul from troubles.”  
(Proverbs 21:23 KJV)***

There is a time that you need to be silent and not to speak. The Word of God shows us Scriptures that will teach us to be silent to avoid putting ourselves in troubles. We need to train ourselves which time that we need to be silent for the maximum of our benefits. Self-control is the fruit of the Holy Spirit, and when we our tongue is putting us into troubles because of unnecessary talk then we need to develop self-control in pertain to what we speak with our tongues.

King David penned Psalm 39 while he was running away from the conspiracy of his son Absalom, who drove him out from Jerusalem and made himself king instead of him. While he was moving out, threatened with his life and the life of his family and the whole people with him, he wrote:

***“1 I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me. 2 I was dumb with silence, I held my peace, even from good; and my sorrow was stirred. 3 My heart was hot within me, while I was musing the fire burned: then spake I with my tongue, 4 LORD, make me to know mine end, and the measure of my days, what it is: that I may know how frail I am. 5 Behold, thou hast made my days as an handbreadth; and mine age is as nothing before thee: verily every man at his best state is altogether vanity. Selah. 6 Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up riches, and knoweth not who shall gather them. 7 And now, Lord, what wait I for? my hope is in thee. 8 Deliver me from all my transgressions: make me not the reproach of the foolish. 9 I was dumb, I opened not my mouth; because thou didst it. 10 Remove thy stroke away from me: I am consumed by the blow of thine hand. 11 When thou with rebukes dost correct man for iniquity, thou makest his beauty to consume away like a moth: surely every man is vanity. Selah. 12 Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I am a stranger with thee, and a sojourner, as all my fathers were. 13 O spare me, that I may recover strength, before I go hence, and be no more.” (Psalm 39:1-13 KJV)***

***“I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me. I was dumb with silence, I held my peace, even from good; and my sorrow was stirred.” (Psalm 39:1 KJV)*** King David was in serious trouble and was hurt by enemies whom he did good to them. While the trial was going on and king David moving out of Jerusalem, while he was cursed with Shimei, David resorted to live and practice the very thing that he wrote in Psalm 39. ***“I said, I will take heed to my ways.” (Psalm 39:1 KJV)*** David resolve to watch carefully the way he was living and moving as he was passing through the hard trial that had come upon Him. It is good and beneficial as we are passing through trials and tribulations is to watch our ways and how we are conducting our lives. ***“that I sin not with my tongue.” (Psalm 39:1 KJV)*** David resolved that he should not fall into sin due to his tongue. When we speak something or decide something then we are paving a way

that we need to fulfill. Our tongue will dictate our methodology. Therefore if we speak and decide while we are angry then it might be difficult later on to amend or change what we had decided upon.

During that trial that David was passing through, it was a very tempting atmosphere for him to use his tongue to utter bad words, curses, idle words, etc. But he determined that he will not sin in using his tongue in a bad way. ***“I will keep my mouth with a bridle, while the wicked is before me.” (Psalm 39:1 KJV)*** The Hebrews word that David used for ‘bridle’ is ‘Machcown’ and is repeated only once on the Old Testament, and the meaning of it is a muzzle. The Greek word that James used for bridle’ in ***James 3:2 KJV*** ***“For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.”*** is ‘Chalinagoge’ and the meaning of it is to lead by a bridle, to guide, to bridle, to hold in check, or restrain. And is repeated only here and in ***James 1:26 KJV*** ***“If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man’s religion is vain.”*** James made it very clear here that those who cannot control their mouth are ruining their lives, and their faith needed to be corrected to avoid falling into the trap of the devil.

***“I was dumb with silence, I held my peace, even from good; and my sorrow was stirred.” (Psalm 39:2 KJV)*** David resort to keep silent and not to talk or address those who conspire against him with an offensive talk; David even to Shimei who was cursing did not answered him back to what he said. David held his peace, neither doing good nor bad nor anything: ***“I held my peace, even from good.” (Psalm 39:2 KJV)*** Certain times while we are in trials and our emotions are stirred up, it is good to refrain from speaking or doing anything because we might be doing something evil even and we are not aware of.

***“My heart was hot within me, while I was musing the fire burned: then spake I with my tongue.” (Psalm 39:3 KJV)*** David was meditating on the event in his heart, and that caused the emotions to be raised up and caused him to be burned, and that reached up to the level that he need to talk. And as it was pent up, he opened his mouth and said the followings: ***“LORD, make me to know mine end, and the measure of my days, what it is: that I may know how frail I am.” (Psalm 39:4 KJV)*** When he opened his mouth he spoke with God and not with man. He inquired from God of what will be the end of the trial of this in his life. He wanted to know the end of it, acknowledging that he is weak and feeble, ***“that I may know how frail I am.” (Psalm 39:4 KJV)*** He started to see his weakness and he confessed that to God.

While trials is going on, it is a good practice to control your mouth and tongue and when you are overwhelmed it is better to pour out your spirit and what is inside you to God and not to man. When you pour it to man, it may come back to you with harm and it may not be possible to correct things after you had spoken things that not right or proper. But when you pour out to God the matter will stay between you and Him, and any time you repent there is a way to correct things and to be restored.

***“Behold, thou hast made my days as an handbreadth; and mine age is as nothing before thee: verily every man at his best state is altogether vanity. Selah.” (Psalm 39:5 KJV)*** David further was seeing his small size in relation to God. He was able to see his life as a

handbreadth that can be easily measured. Trials and hardship will help us to humble down and will let us see our real small size, the vanity of all what we had achieved, and finally that will make us resort to rely more on Him to sustain us. **“Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up riches, and knoweth not who shall gather them.” (Psalm 39:6 KJV)** It approved to David through that trial, that all what he did and achieved is vanity, as well as all what men do and achieve through hard work and labour, and in heaping riches, is a mere vanity.

**“And now, Lord, what wait I for? my hope is in thee.” (Psalm 39:7 KJV)** While he was in prayer, he resort to ask God what is next to come, or what he is waiting for, **“And now, Lord, what wait I for?” (Psalm 39:7 KJV)** Then he was inspired to answer himself to what he asked God, **“my hope is in thee.” (Psalm 39:7 KJV)** As he was praying his hope and trust in God got increased and have the confidence that God is able to do good things to him, and it is beneficial to put his trust on God. That is another reason why when we are angry we should bridle our mouth and pour out all what is inside us toward God because prayers will increase our faith, and trust in God will build up our hope on Him.

**“Deliver me from all my transgressions: make me not the reproach of the foolish.” (Psalm 39:8 KJV)** Here David restored back now to his right mind and he started to repent of his sins when he said, **‘Deliver me from all my transgressions’**, and asked God not to allow him to be reproached and put to shame in front of foolish people. He realized that the trials that he was passing through is his fault and not because other people are transgressing against him. He was able to see that God had allowed because of his own wrong doing, **“I was dumb, I opened not my mouth; because thou didst it.” (Psalm 39:9 KJV)** It is good to see our transgression is the source of the trouble that we are passing today. That will help us to be more humble and to keep more silent; seeing that God is judging the situation according to His standard.

**“I was dumb, I opened not my mouth; because thou didst it.” (Psalm 39:9 KJV)** King David even convinced that he need to be silent and not to speak any evil against those who harmed him because it is God who was waging that campaign against him to discipline him. Therefore he requested God to remove His hand from him, **“Remove thy stroke away from me: I am consumed by the blow of thine hand.” (Psalm 39:10 KJV)** Prayer to God instead of speaking to man is needed in order to put us in the right mind and right attitude before God.

King David further realized the value of God’s rebuke in order to correct him, and that correction is like the hand of man that crush the moth insect that eating the garment, **“When thou with rebukes dost correct man for iniquity, thou makest his beauty to consume away like a moth: surely every man is vanity. Selah.” (Psalm 39:11 KJV)** He acknowledged here that every man with whatever achievement he has is a vanity and no regard when God’s hand had been put forward to rebuke him. Good are such conclusions while we are meditating on our trials and what God is doing in us. These are the fruit of prayer and the communion with God with the aid of the Holy Spirit while the trial is going on.

**“Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I am a stranger with thee, and a sojourner, as all my fathers were.” (Psalm 39:12 KJV)** David further cried to God for a relief, asking God to hear his prayer and not to keep silent. He mentioned to God that He is a stranger on earth as was his fathers, Abraham, Isaac and Jacob. In trials as we overcome our pain, anger and emotions, we realize that we need to live as strangers on earth till the Lord will come and take us with Him to heaven.

**My Dear and Beloved:** King David also pleaded with God to spare him this trial and to give him strength to recover and not to die, **“O spare me, that I may recover strength, before I go hence, and be no more.” (Psalm 39:13 KJV)** Let us plead with God in true repentance. Let us not vent our anger, knowing that will harm us and that will lead us to deal foolishly with the events of life, **“He that is soon angry dealeth foolishly.” (Proverbs 14:17 KJV)** Let us confess our sins to God and let us renouncing our anger and be willing to bridle our mouths and pour out our soul and spirit unto God who is able to heal us, restore us and bring us back to Him while we are passing the painful trials of God’s rebuke and discipline.

**My Prayer:** *Father God I come before you in the name of Jesus who died on the cross for my sins, who was buried and rose from the dead on the third day to give me eternal life. Lord thank you for your Word to me. Lord I ask you forgiveness for the following corruptive speech that I uttered \_\_\_\_\_ . Lord I ask forgiveness for the following sins \_\_\_\_\_ that I did and that caused me to fall into this trial that I am passing today. Lord I commit my life to clean my heart from evil thoughts and anger, and I commit myself to pray more and to meditate on your Word and see where I failed you and did wrong so I can see and respond to you in how you are managing my life and the trial that you allow me to pass through. Lord as I am bridling my mouth I pray that you use what I am passing through to make me the person that you wants me to be. I thank you and praise you. This is my prayer in Jesus name, Amen.*

# Jesus christ



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