"The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered."

(Proverbs 17:27)



The tongue is one of the essential organs in the body. It is the outlet of the man to the world and it is the outcome of what is in the mind and in the heart of man.

It is very important what we store in our hearts and minds and very important is what we believe and what our stand is.

Apostle James wrote the following: "We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check." (James 3:2) But which time that whatever we say we are not at fault? Not when we are well educated and finished higher studies. But when our minds and our hearts are clean and are renewed with God's plans, thoughts, and are full with God's words and God's wisdom. Then the following criteria will be in our lives.

1- The one who has knowledge uses words with restraint: Our renewed minds will give the commands to utter words with restraint. These words will

describe clearly the things that we need to declare to the people who are around us about the will of God in their lives. We will be thinking and processing what we say before we open our mouths and speak.

2- Whoever has understanding is even-tempered: As we have the wisdom of God this will give us temperance and self-control that will enable us to control ourselves and our tempers even when circumstances calls for anger and for reaction. We will be speaking instructive words that direct others in the way they should go, and we will be avoiding speaking and uttering bad and hurtful words that will bring damage to others.



My Prayer

Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord cleanse my heart and my mind from anger and renew my thoughts with your word, and give me selfcontrol, temperance, understanding and wisdom that whatever I will be going to speak is you who will be speaking through me. This is my prayer and request from you in Jesus name, Amen.

The Lord Is My Shepherd



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

(Colossians 4:6)

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"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts."

(Colossians 3:16)

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