

**Ever Feel Things are Out of Control? We Have More Control of Than Imagined. Maybe Not the Actual Situation But the Way We See Things and Respond. Instead of Listening to Every Random Voice Daily and Reacting Accordingly, Try Listening to What God Says...Then Respond vs React!**

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○ **Overcoming My Mouth**

**My Daily Morning Mouth Checklist**

- ✓ **God's Word says that by My Words I am Justified and by My Words I am Condemned. I put a Guard over My Mouth. I Choose to speak words of Life, Health /Healing. I Choose to speak words that are Only Gracious / Kind.**\_\_\_\_\_
  - ✓ **I Will Not speak Evil of any Person. I will not Gossip or Spread Rumors. I Will Not speak words of Death, Destruction/ Discouragement. I will be Mindful to Speak words that Encourage, Uplift / Inspire others. I Refuse to Criticize, Condemn / Complain.**\_\_\_\_\_
  - ✓ **I Refuse to Give In to the Temptation to speak Before I Think. I Refuse to speak the Wrong Words when I am Frustrated or Angry. I Choose not to be Sarcastic or Condescending in my Communication to others.**\_\_\_\_\_
  - ✓ **I Put God's Word in my Mouth, / I Speak His Promises over My Life /the lives of Others during the day. I Am Sensitive to the Needs of Others. I am Quick to Speak words of Comfort, Peace, / Kindness to everyone I meet. My Words bring Hope, Faith, / Encouragement to All that Hear them.**\_\_\_\_\_
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**Scriptures**

- ***For by your words you will be justified, and by your words you will be condemned. - Matt 12:37 NKJV***
  - **Every one of these careless words is going to come back to haunt you. There will be a time of Reckoning. Words are powerful; take them seriously. Words can be your salvation. Words can also be your damnation.” - Matt 12:37 (message)**
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  - ***herefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. 14But above all these things put on love, which is the bond of perfection. -Col 3:12-14 NKJV***
  - **So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it. - Col 3:12-14 (message)**
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- ***Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. -Eph 4:29 NKJV***
  - **Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift. -Eph 4:29 (message)**
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