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## OUT OF THE MOUTHS!

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“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.”  
ESV Psalm 19:14

Oh, how I wish every word that has come out of my mouth was acceptable to the Lord! I’ll be perfectly honest - there are not just a few but *many* times that sadly I have failed at this. I don’t always filter or stop and think before I speak and instantly, God reminds me that words can either bring life or death.

Speech is an awesome responsibility and words can do great things. It’s hard to imagine that our casual conversations can have eternal implications, but they most certainly can and do. Our words can pour love, joy, comfort, kindness and instruction, but many of us have also experienced the harsh flipside of encouraging words. We have been wounded by verbal attacks declaring us worthless, ugly, or useless...causing us to believe lies about who we are or what we could be.

Research shows on an average we speak roughly 16,000 words in a day and women speak twice as many as men (except in my household where I’m sure that’s a toss-up!). Seriously, that’s a lot of words and I’m sure if we stop and evaluate all we say, some of those words would be better left unsaid. God has given us words for communication and conversation. He means for them to not be empty words but to be used wisely. “A wise man’s heart guides his mouth and his lips promote instruction.” Proverbs 16:23 Every word we speak can be an opportunity to build others up or tear them down, give glory to God or promote our own importance, gossip or give wise counsel. Our words

can bless or be the source of problems, and this is when the meditation of our hearts needs to be in sync with our words. Jesus says in Matthew 12:34b “The mouth speaks with what the heart is full of”. Our mouths and hearts are directly connected; for our words to be life-giving and wise, then our time in meditation with the Lord must be consistent. God’s words must be continually engrained on our hearts for them to come from our mouths.

Our words leave a legacy to our children and grandchildren, good or bad, years after we’re gone. It’s up to us what words we choose to speak. But even more important than the legacy my words leave, I want and pray that “the words of my mouth are acceptable” to my Heavenly Father! I’m so grateful that we have a Heavenly Father who, even though He hears our hasty words, sees our lapses in judgement and observes our weakest moments, loves us and comes to our rescue with kindness and forgiveness. Psalm 141:3 “O Lord, set a guard over my mouth”!



Further Thoughts:

- See how many scriptures you can find that instruct us on our words. Here are a few to get you started:  
Ephesians 4:29, 1 Peter 3:10, Colossians 3:8, Hebrews 3:13  
Proverbs 12:18, 15, 16:21-24, 25:11

**HAPPY MOTHER’S DAY!**

Here are some *MOMISMS* that have definitely left a legacy—see if any of them make you smile or bring back a fond memory 😊

- This hurts me more than it hurts you.
- I'm going to beat the tar out of you.
- Stop crying or I'll give you something to cry about.
- If you can't say something nice, then keep your mouth shut.
- When in doubt, DON'T.
- What in tarnation are you doing?
- I'm going to knock the snot out of you.
- I brought you into this world and I'm pretty sure I can take you out.
- A stitch in time saves nine.
- I love you to the moon and back.
- You're my favorite; don't tell your sister...or brother.
- You wait 'til your dad gets home.
- You been drinking muddy water...I can't see through you.
- Shut the door! Are you trying to air condition the whole outside?
- I'm gonna tan your hide.
- That's the way the cookie crumbles.
- Let me kiss it.
- Sticks and stones can break your bones but words will never hurt you.
- I'm going to knock you into tomorrow.
- You'll always be my baby.
- Ain't no baby prettier than you.
- I love you more.

Not always sweet and not always true but definitely got our attention. These were just a few from some of our church family.

**Call your mom and give a mom a hug today!!**