

## WorshipLife Study Series "Mouthwash"

### Session 1: Why We Say What We Say

If there is a single area of physical discipleship that seems to be most challenging, it would have to be our language. "Taming" our tongues can prove to be one of the most difficult things to do (James 3:8). Especially when we are called by Christ to practice a new way of talking after years of growing accustomed to how we have been trained to talk by our culture. Whether it is learning how to respond in a godly manner or simply being encouraging to other people, it is definitely a place where transition must be intentional. This study is designed to help us reconsider and reconstruct how we use our language and the impact that our words have on others and ourselves.

#### Effects of our Language

Before we can discuss in any detail how language can be understood and/or changed, it is important that we consider how our language effects our lives and the lives of those around us. As you know, words are powerful. They can build and destroy, birth hope and fear, and bring life or death. Therefore, we must consider how our words work in our lives:

1. They allow others to gauge our level of wisdom - Proverbs 17:28
2. They can be a tree of life - Proverbs 15:4
3. They can de-escalate a situation - Proverbs 15:1
4. They can offer a sacrifice of praise the Lord - Hebrews 13:15
5. They can bring contention/strife - Proverbs 18:6
6. They cause destruction - Proverbs 26:24
7. They can be used as a weapon - Psalm 52:2; 57:4; 64:3

We are called to be stewards of the language that we use. The Lord is very adamant about us being careful with how we talk. It is so important to the Lord that in the judgment we will have to give an account of every careless word that we speak (Matthew 12:36). Thus, we must be very careful with how we talk and be intentional about the desired effects that we want our language to have (Proverbs 10:32).

#### Origin of language

Our words are not just randomized phrases that come out of nowhere. They are - by nature - targeted expressions of internal impulses. According to the bible, our language is the result of what takes place within us long before it ever escapes our lips. What comes from our lips is nothing more than an extension or expression of what is residing in our hearts (Luke 6:45). Jesus reminds us that our language is motivated by the corruption or goodness that is within our hearts. Therefore, if our hearts are in a certain state, then our language (both words and nuances) will reflect

it. Because this is the case, we can conclude that - in negative moments - rarely is our language the problem. The real issue rests within our hearts (Psalm 37:30-31). When the word of God is governing our hearts, then our language reflects the righteousness and truth of God's word. When our lives are guided by ungodly forces, then our hearts will reflect the wickedness, lust and fear of the ungodly beliefs (Matthew 12:34-35).

Our world will reflect our faith and language

One of the central tenets of our understanding of how the Lord works in the world is that our lives in this life - and eternally- are the result of our faith (Matthew 8:13; Mark 10:52). Our lives will experience the power of God in proportion to our faith (Mark 9:23) and submission to the will of God (Mark 14:36). Our faith begins with the acceptance of the God's promise or our perceived truth (Hebrews 11:6) and belief in one's heart (Romans 10:9). However, before it is manifested, there must be a confession (verbal statement) that affirms it as truth before heaven and earth (Romans 10:9). When these three concepts are aligned, we witness what we believe come to pass. When they aren't aligned, your words don't reflect your world.

Whether good or bad, our language is a key component that enacts spiritual realities into our lives and/or the lives of others. This is primarily because we will honestly speak (verbally or silently) and expect what we genuinely believe. That is why the prayers of those that have wavering faith doesn't work (James 1:6-8). Jesus gives us a model that speaks directly to this reality in Mark 11:22-24. The pattern is simple:

When your Mind, Mouth and Heart are THE SAME, what you speak WILL eventually come to pass in your world.

As we speak, we must consider how our words are shaping our worlds. Our invisible impulses shape the language that impacts the visible. I would encourage you to take a moment and consider your words and your world. What does your world say about your words? What do your words say about your heart? If your world and words aren't presenting the same picture, what does that say about the agreement between your heart and your words? If your life is going to reflect the heart, love and abundant life of Jesus Christ, what needs to be your faith concept? Heart belief? Language spoken?

Strategic Plan: Read Mark 11:24. Where have you been desiring the Lord to move in your life and not seeing the desired results? Where do you honestly need to make an adjustment (mind, heart, or language)?