



Death and life are in the power of the tongue, and those who love it will eat its fruit. - Proverbs 18:21

The words that you speak can be _____ or _____.

The words of the reckless pierce like swords, but the tongue of the wise brings healing. - Proverbs 12:18 (NIV)

A soothing tongue is a tree of life, but perversion in it crushes the spirit. - Proverbs 15:4

GUARD YOUR _____ AGAINST TOXIC WORDS

My son, give attention to my words; Incline your ear to my sayings.

²³Watch over your heart with all diligence, for from it *flow* the springs of life. - Proverbs 4:20, 23

GUARD YOUR _____ AGAINST SAYING TOXIC WORDS

Set a guard, O LORD, over my mouth; Keep watch over the door of my lips. - Psalm 141:3

Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear. - Ephesians 4:29

- **It's not always what you _____ that's toxic but how you _____ what you _____ that's toxic.**

DEVELOP THE HABIT OF SPEAKING _____ WORDS

A man has joy in an apt answer, and how delightful is a timely word! - Prov 15:23

1. Speak Life-Giving Words To _____

Like apples of gold in settings of silver is a word spoken in right circumstances. - Proverbs 25:11

2. Speak Life-Giving Words To _____

Example: _____