



WATCH YOUR MOUTH: THE POWER OF YOUR WORDS

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Sunday Sermon – 8/31/2025

Psalm 141:3 KJV - Set a watch, O Lord, before my mouth; keep the door of my lips.

NLT - Take control of what I say, O Lord, and guard my lips.

This verse is a plea, a sincere and heartfelt request for divine assistance in controlling our speech; for God to have a continuous, active role in helping us maintain discipline in our speech.

James 3:7-10 NKJV - 7 For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. 8 But no man can tame the tongue. It is an unruly evil, full of deadly poison. 9 With it we bless our God and Father, and with it we curse (*wish harm upon*) men, who have been made in the similitude of God. 10 Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.

This verse emphasizes the importance of being vigilant about what we say and that we make a spiritual commitment to be mindful of our communication. (*We need divine assistance, but we also need to be aware of the words and take responsibility for the words that come out of our mouths.*)

It is imperative that we realize how powerful the words are that come from our mouths and understand that our words have significant impact on the course and the outcome of our life, as well as the life of others. (*Spoken words contrary to the will of God and the Word of God can be considered and defined as sin. We need to repent of the words we say as much, if not more, than the sinful acts we do.*)

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

Daily, we are either speaking death to our life or life to our life.

Deuteronomy 30:19 NIV - 19 This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.

Because we have been created with free will, the right to choose, we can choose either life or death. We need to be aware that the choices we make can affect our future generation. The choice of death and life is not only reflected in what we do, but is reflected in what we say.

John 6:63 NKJV - The words that I speak to you are spirit, and they are life.

What Jesus says about the words that come out of His mouth pertains to words that come out of our mouth as well - they are a spiritual force.

Words are spiritual containers, and they are powerful when they are released out of our mouth because they carry spiritual forces. (*Spiritual forces - faith, fear, joy, sadness - we don't visually see these forces, but we can*



see the effect of these forces when they manifest and are demonstrated in our lives and in the lives of others.)

There is spirit life in the words that we speak, and we must understand the importance of words and not speak carelessly. *Loose lips sink ships* - originated in World War II as a slogan cautioning individuals against careless talk that could potentially reveal sensitive information to the enemy. We don't want to leak information to our enemy through unguarded or careless speech, talking without considering what we're saying, that can allow him to plot strategies against us to produce dire consequences and disastrous circumstances.

Words are transmitters. They produce images inside our minds. *(How many of you have had images that stuck in your mind? There are people who are living their lives based on the images placed in their minds by people of influence in their life.*

Psalm 64:2-3 NKJV - 2 Hide me from the secret plots of the wicked, from the rebellion of the workers of iniquity, 3 Who sharpen their tongue like a sword, and bend their bows to shoot their arrows—bitter (painful, destructive) words, Be selective who you allow to speak into your life and qualify them.

Don't allow the words of others to define you and be the source of your identity, but allow the Word of God and Holy Spirit to define you.

John 16:13 NKJV - 13 However, when He, the Spirit of truth, has come, He will guide you into all truth.

John 17:17 NKJV - 17 Sanctify them by Your truth. Your word is truth.

Rid yourself of people in your life that are a hindrance to you. Lot can't go, he's an obstruction and a distraction.

Correct people who are speaking incorrectly regarding your destiny. Matthew 16:23 - Jesus told Peter, "Get the behind me satan - get out of my way, quit trying to block my path, I'm not going to let you get me off my assignment and my destiny.)

The average person speaks around 16,000 words in a day, with females speaking (16,215 words), slightly more than males who speak (15,699). *(Women are more fine print, details, men are more head liners, just fact.)*

Proverbs 10:19 AMP - 19 When there are many words, transgression and offense are unavoidable, but he who controls his lips and keeps thoughtful silence is wise.

This verse informs us that excessive speech can lead to transgression (an act violating a command or law set forth by God) and offense (refers to a stumbling block which causes oneself or others to sin).

When words are many, wrongdoing is often unavoidable, and therefore, it is wise to restrain one's lips. *(The reason speaking the wrong thing is unavoidable for many people is expressed in Psalm 51:5 - we were born sinners. Even after we are born again, we have to renew our minds to rid ourselves of habits and behaviors from our old nature and that includes our speech.)*



We as believers must practice discernment and ensure that our words are edifying and reflective of Christ-like character.

Psalms 19:14 NKJV - Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer.

Ephesians 4:29 AMP - 29 Do not let unwholesome [foul, profane, worthless, vulgar] words ever come out of your mouth, but only such speech as is good for building up others, according to the need and the occasion, so that it will be a blessing to those who hear [you speak].

Foul / vulgar words - Foul or vulgar words refer to offensive language that is often considered rude or shocking. This includes, but not excluded to terms that are deemed inappropriate in polite conversation. Foul language is typically used to express strong emotions or to insult others.

James 1:19 (*Wrath is a strong emotion. When we allow emotions to become strong, we have a tendency to lose control of our speech.*)

Profane words - Profane words, often referred to as profanity, are considered socially offensive due to their obscene and irreverent nature. They are used for various purposes, such as expressing strong emotions, demonstrating disrespect, or placing emphasis on a point. Profanity can also refer to language that is blasphemous or sacrilegious; a lack of respect for sacred things.

Worthless words - Worthless words are words that have no real value or use. These words produce nothing good, positive, or productive.

Matthew 12:36 KJV - 36 But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. Idle words refer to words that lack value, purpose, productive or constructive benefit.

Our mouths should be used to speak words that produce faith. **(Romans 10:17)** *Are you positioning and posturing yourself to hear words that produce faith?*

We should speak words that build up, edify, encourage, and strengthen ourselves and others. *(There's something twisted about someone who is always trying to speak ill of someone else and tear them down.)*

(Some of us are our own worst enemy because we say things about ourselves that provide an opportunity for the devil to ride in on.)

John 10:10 AMP - 10 The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows].

Demonic forces are listening to the words that come out of our mouths just like God is listening for His Word to come out of our mouths.



I Peter 5:8 AMP - 8 Be sober [well balanced and self-disciplined], be alert and cautious at all times. That enemy of yours, the devil, prowls around like a roaring lion [fiercely hungry], seeking someone to devour.

When we speak words contrary to the principles in the Word of God, when we speak words laced with fear, doubt, and unbelief, we potentially become din-din for the devil.

Don't allow the devil to see you as lamb chops...baaa, broke, baaa, sick, divorce - quit bleating negative words.

Jeremiah 1:12 - ...watching over my word to perform it. We can trust God that He is attentive to His Word and that He is faithful to fulfill His Word.

Self-control and wisdom are valuable assets when we're about to speak.

Psalms 37:30 NIV - The mouths of the righteous utter wisdom, and their tongues speak what is just.

Because we have been made righteous through Jesus Christ, we should declare and expect that words full of wisdom flow from our mouths.

I Corinthians 1:30 NKJV - But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption. (Self-control is a fruit of the Spirit.)

"Well, I might as well say it if I was thinking it." That's not true. That would be like saying, "Since I loaded my gun with bullets, I might as well fire it."

Would you randomly fire the gun, you have no target, no reason to shot the gun, you're just going to fire because you have bullets in the gun? Thoughts are like a bird landing in your hair. Just because it lands in your hair doesn't give it the right to nest in your head - so it is with thoughts that come to your mind.

We don't have to verbalize every thought that randomly comes to us.

Thoughts can torment when they're in our mind, but they produce when they are spoken with our mouth.

Matthew 15:11,18-19 NKJV - 11 Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man.” 18 But those things which proceed out of the mouth come from the heart, and they defile a man. 19 For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.

We need to guard and protect what we allow to enter our hearts because that will ultimately provide the content for what comes out of our mouth.

Matthew 12:34-35 NKJV - 34 Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. 35 A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.

Some of us are committing spiritual suicide by the words we speak.

James 3:3-6 MSG - 3-5 A bit in the mouth of a horse controls the whole horse. A small rudder on a huge



ship in the hands of a skilled captain sets a course in the face of the strongest winds. *(We need to recognize the control mechanisms in our life that will help guard against us speaking words arbitrarily - on the basis of random choice or personal whim, rather than having a reason why we're saying what we're saying.)* **A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it! 5-6 It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that.** *(Marriages have been destroyed, businesses have been dissolved, friendships have been broken through careless and wrongly spoken words.)* **By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell.**

Ask God to set a watch over your mouth.

Three Things To Consider Before You Speak

1. What Am I About To Say?

James 1:19 NKJV - So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath. Being quick to listen encourages us to prioritize listening attentively to what is being said by someone over being anxious to give a response to what they are saying. Understanding others and their perspectives is crucial before responding and will help avoid misunderstandings. Don't be rash to speak but exercise restraint and self-control. We also need to be attentive to Holy Spirit, ready to hear His voice for the correct answer before we provide an answer to a situation.

Colossians 4:6 NIV - Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. *(Just because you know a certain scripture doesn't mean that it is what you need to say at that moment.)*

John 8 - the woman brought to Jesus who was taken in the act of adultery. I believe Jesus contemplated His answer, making sure that He was responding the way the Father would have Him respond.)

2. Who Am I Speaking Too?

Hebrews 5:12-14 NKJV - 12 For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. 13 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. 14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil. The maturity of the person(s) you're speaking to will determine what and how much you say. Know your audience. Jesus often knew what was in the heart of people because the Holy Spirit revealed it to Him.

3. Is What I'm About To Say Unctioned By Holy Spirit And In Line With The Word Of God

John 12:49 NLT - 49 I don't speak on my own authority. The Father who sent me has commanded me what to say and how to say it. Jesus stated that when He taught or spoke, His words were not self-originated but came directly from the Father. Likewise, our prayer should be that our words are in line



with the will of God and unctioned by Holy Spirit.

When we say what God would have us to say, His authority backs the words that come out of our mouth.

Matthew 8:8 NKJV - 8 The centurion answered and said, “Lord, I am not worthy that You should come under my roof. But only speak a word, and my servant will be healed. 9 For I also am a man under authority, having soldiers under me. And I say to this one, ‘Go,’ and he goes; and to another, ‘Come,’ and he comes; and to my servant, ‘Do this,’ and he does it.”

When we say what God would have us to say, we operate in divine timing. (*We will not speak out of season.*)

Ecclesiastes 3:1,7 NKJV - 1 To everything there is a season, a time for every purpose under heaven: 7 A time to keep silence, and a time to speak;

Proverbs 25:11 - "A word fitly spoken is like apples of gold in settings of silver," highlighting the value of well-timed words.

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

NLT - Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!

Don't be guilty of saying the right thing at the wrong time.

When we say what God would have us to say, our words will produce results.

Isaiah 55:10-11 NKJV - 10 “For as the rain comes down, and the snow from heaven, and do not return there, but water the earth, and make it bring forth and bud, that it may give seed to the sower and bread to the eater, 11 So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.

God says that the words that come out of His mouth will accomplish what He pleases and prospers where He sends them. When we speak the promises that God has declared in His Word with our mouth, the promises God has spoken that we are now speaking will come to pass in our lives - He'll make sure of it.