

GUARD YOUR MOUTH

We need to watch what we say so that we don't cause unnecessary confusion or get ourselves into trouble.

KEY POINTS

- ❖ Every day we release thousands of words into the environment, with the average adult speaking between 13,000 and 16,000 words per day, according to the journal *Science*.
- ❖ Words don't just carry sound; they carry spirit, intention, impact, and consequence. The Bible tells us our words are important because they can influence perspectives and build up a person or tear them down. That's why we need to **GUARD OUR MOUTH**.
- ❖ Proverbs 18:21 tells us that "death and life are in the power of the tongue." We often quote only the first half: "Death and life are in the power of the tongue..." but that is not the complete verse. The next half says, "Those who love it will eat its fruit."
- ❖ This refers to people who love to talk. Whatever the conversation is, the Bible says they "will eat its fruit." This is linked to the biblical principle of reaping what you have sown (see Galatians 6:7). Whatever kind of words a person habitually uses—whether harsh or kind, truthful or deceitful—they will ultimately live with the consequences of those words.
- ❖ Words didn't just appear. God is the architect of words and is the first to use them. Genesis 1:1 begins by saying, "In the beginning God created...." What did He create? The Bible tells us He created "the heavens and the earth" by using words.
- ❖ Psalm 33:6 tells us that "by the word of the Lord the heavens were made." God spoke the universe into existence. As His words were released, His breath (or '*Ruach Elohim*' in Hebrew, meaning "spirit, breath, or wind") was also released.
- ❖ This describes an invisible, moving, powerful life force that animates creation and connects the physical world to the divine. That's why when God spoke, the physical world came into being (see Gen. 1:6, 9, 11, 14, 20, 24, 26). Words are potent.
- ❖ The same God who spoke the world into existence created humanity in His image and likeness and gave us the ability to communicate using language. Because God had granted us this capacity, we too have power and influence in our words, so we need to **GUARD OUR MOUTHS**.
- ❖ We are told in Ephesians 4:29 to "...not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...." The word "unwholesome" comes from the ancient Greek word '*sapros*', which means rotten, decayed, or putrid. When our conversation is unwholesome, it affects both parties: the speaker releases rotten words, and the listener absorbs them. Both will be polluted and made unclean.
- ❖ Unwholesome talk shows itself in the form of rumours, gossip, speculation, busybodies—those who mind other people's business and not their own—backbiting, slander, or whispering. This type of talk doesn't please God, nor does it bring glory to His name. Unwholesome talk says more about the speaker than the one being spoken about.
- ❖ The Bible tells us that "where there is no whisperer, quarreling ceases" (Prov. 26:20). Whisperers are people who spread secret gossip, malicious rumors, or underhanded slander behind another's back. Luke 12:3 tells us that "what you have said in the dark will be heard in the daylight, and what you have whispered

KEY SCRIPTURES: Proverbs 13:3, Psalm 141:3
(all scriptures in text are in NIV unless otherwise noted)

in the ear in the inner rooms will be proclaimed from the roofs."

- ❖ Our whispers are not hidden from God. He hears them all. That's why we need to **GUARD OUR MOUTHS**.
- ❖ And let's not forget about the tongue, which the Bible warns us about in James 3:5-10. We are told that the tongue is "a restless evil, full of deadly poison" (v. 8) that no one but God can tame.
- ❖ We also have to be careful of what we're listening to. Who or what are we listening to that's influencing our thinking? We must ask ourselves this question because the words of those we listen to can penetrate the soul and sow seeds misaligned with the Word of God.
- ❖ If incorrect thinking remains unchecked, it enters our hearts and shapes our character. Then sin comes knocking on our heart's door. Words can influence people toward sin. We need to put a **GUARD on OUR MOUTHS** and ask God to watch the door of our lips.
- ❖ Our conversations reveal the condition of our hearts (see Luke 6:45). If our words are always negative and full of criticism, then that tells us what's in our heart. But if our words are honest, truthful, and full of praise and encouragement, then that also reveals the condition of our heart. Whatever is stored on the inside is going to come out, one way or another.
- ❖ "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (Philippians 4:8).
- ❖ When we think about what is pure, lovely, noble, and praiseworthy, those thoughts shape our hearts and are reflected in our conversation.
- ❖ Let's make sure our words are in alignment with the Word of God and are not causing any pain or harm.
- ❖ Our mouths are to be used to bring glory to God's name, so let's do so!

DISCUSSION/REFLECTION TOOLS

1. Words don't just carry sound; they carry spirit (Genesis 1), intention (Matthew 8:8, 13), impact (John 11:43-44), and consequence (Acts 5:1-11). Examine the words spoken in the Scriptures provided. What do they teach us about the power, purpose, and consequences of words?
2. How can we guard our mouths and change our conversation? What does Scripture tell us to do?
3. "Words are powerful." Has there ever been a word spoken in your life that still encourages you (or haunts you) to this day? In your opinion, what gave those words their enduring power?
4. Read Isaiah 54:17 aloud, proclaiming it!

PRAYER TIME

Lord, help us to guard our mouths, so that our words may build others up and bring glory to Your name.

WEEK OF SUNDAY, AUGUST 30, 2026

NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

✓ (Reminds me/Confirms) 💡 (New idea) 🗨️ (Think about)
! (Do this) ❤️ (Speaks to my heart) ➡️ (Must share)

PRAYER NEEDS/THANKSGIVINGS

Go deeper with your Life Group family.
CONNECT-REFLECT-DISSECT THE
WORD

Start-up: What is one word or phrase that gets on your nerves when you hear it spoken? Why does it cause a reaction?

PRAYER FOCUS: F.S. students and teachers in our schools, colleges, and universities

24-hour Prayer: Daily;

Daily Devotions: Monday - Friday @ 6:30 a.m. & 9:00 p.m.;
Departmental Prayer: Every Thursday (please check schedule)

Corporate Prayer: Every Friday @ 7:00 p.m. (and in person every second Friday @ 9:00 p.m. - 3:00 a.m.).

Zoom ID: 898 3191 5909 **Phone Access:** 647-374-4685

FAITH SANCTUARY DONATIONS

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ANNOUNCEMENTS

BEREAN BIBLE STUDY

We look forward to growing in God's Word with you!

Date: Every Monday @ 6:30 p.m. to 8:00 p.m.
on Zoom and YouTube.

Contact: Pastor Chris Simpson

WEDNESDAY CORPORATE BIBLE STUDY

Date: Every Wednesday @ 7:30 p.m. on Zoom and in person. Contact Pastor Chris Simpson for further information.

SUMMER SATURDAYS

Do you want to hear something cool? Summer Saturdays are taking place each Saturday until September 12th.

Summer Saturdays is where you don't have to plan anything fun for the family—we do that for you. Whether it's men's soccer, ping pong, board games, hiking, or enjoying a cup of tea during book club, we've got you covered! Sign up at the front foyer or see Sis. Tope for further details.



FAITH SANCTUARY WEEKLY SERVICES

Sunday Bible Study @ 10:00 a.m.

Sunday Worship Service @ 11:00 a.m.

(Listen via phone: 1-844-268-4848)

Monday Berean Bible Study @ 6:30 p.m.

(Zoom, Facebook, YouTube)

Wednesday Bible Study @ 7:30 p.m.

(In person and via Zoom)

Friday Evening Service @ 8:00 p.m.

(In person and via Zoom)

Life Group Meetings – individually scheduled
(see ushers for information)

FAITH FOUNDATIONS

GOD

We believe there is only one God: the eternal, holy, loving, all-knowing, all-powerful, omnipresent Spirit, creator of all (Deuteronomy 6:4; 1 Timothy 1:17; Leviticus 19:2; 1 John 4:8; Hebrews 4:13; Revelation 19:6; Jeremiah 23:24; John 4:24; Isaiah 44:24; Colossians 1:16).

GOD'S WORD

We believe the Holy Scriptures—The Bible—is God's true and complete Word to humanity, verified most notably through fulfilled prophecies concerning Jesus Christ (2 Timothy 3:16; 2 Peter 1:20-21; Isaiah 41:21-23, 42:8-9, 46:9-10; Luke 24:25-27; John 17:17).

GOD'S CREATION

We believe all people were created in the image of God for His pleasure, to be His children, His church and His bride, living in eternal love and fellowship with Him (Revelation 4:1; Genesis 1:27; John 1:12-13; Romans 8:16; Ephesians 5:25-32; Revelation 19:7).

HUMANITY'S FALL

We acknowledge that we have all sinned and failed to fulfill God's plan and purpose for our lives, through willful disobedience to the word of God and our own conscience. All sinful acts lead to separation and alienation from God's pure, holy presence, eventually resulting in both physical and spiritual death (Romans 3:23, 6:23a).

THE GOSPEL

We believe that Jesus Christ is the Almighty God, fully divine and fully human (1 Timothy 3:16). He came to Earth and suffered death by crucifixion, willingly substituting Himself for us in receiving God's judgment against sin (Isaiah 53:5). But God raised Him from death (Acts 5:30), and He now offers eternal life to all who will believe in Him (John 3:14-17, 6:29; 2 Corinthians 5:18-21; Romans 6:23b; Ephesians 2:4-9). Faith is sparked within us when we hear the gospel, the "good news" that Jesus died, was buried and rose from the dead for our benefit (Romans 10:14-17; 1 Corinthians 15:1-4).

OUR FAITH RESPONSE

Hearing the gospel is intended to lead us to repentance, a divinely inspired change of heart that causes us to turn away from our sins and turn to God (2 Corinthians 7:9-10; 2 Timothy 2:24-26). Faith and repentance lead us to obey the scriptural command to be baptized in Jesus' name for the forgiveness of our sins and to receive His gift of the Holy Spirit. His Spirit gives us the power to live a righteous, godly life, joyfully sharing the good news of our new life in Christ with others (Mark 16:16; Acts 2:38, 4:12; 1 Peter 1:22-23).

CHRIST'S RETURN

We believe our Lord Jesus Christ will soon return to Earth to receive His people to Himself and establish His righteous, eternal kingdom (John 14:3; Matthew 25:34).

AUGUST 30, 2026



Feed Canada to Feed the World



Pastor:
Rev. Adrian W. Peel

“Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.... Set a guard over my mouth, Lord; keep watch over the door of my lips.”
Proverbs 13:3, Psalm 141:3 (NIV)

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