



the week of
November 16-21



DAY ONE LESS IS (OFTEN) MORE Read Mathew 12:33-37

The average person speaks between 7,000 and 20,000 words each day, so we can't underestimate the importance of the tongue. Sometimes to avoid sin, the best thing is to just stop talking. However, the problem of our speech goes deeper than just our words.

In Matthew 12, Jesus teaches that our mouth speaks what is in our heart. What we really are on the inside will inevitably show up in what we say. We are simply reproducing what is already in our hearts (our true character). That's why Jesus says, *Out of the overflow of the heart the mouth speaks* (v. 35). The excess in your heart spills over out of your mouth as words. What is spilling over from your heart?

IN YOUR CHAIR TIME TODAY

Take a day this week and just listen to what you say. It can be very revealing (and convicting). Consider also what you are filling your heart with—the things you dwell on (e.g., books, TV, Internet, video games, music, conversations). Are they “good” or “evil” (Matthew 12:35)? Confess wrong choices to God, and commit to filling your heart with what is good.

DAY TWO Read Psalm 33:1-9

Read the passage and then choose one verse/thought related to your words and answer one of these three questions:

1. What does it say about God?
2. What does it say about you?
3. What does it say about others?

As you spend time in the Chair today, think about God's words and their importance and respond appropriately to what you read.

DAY THREE DANGEROUS Read Mathew James 3:1-12

As we read this passage in James, the language of verses 5 and 6 is pretty dramatic:

- The tongue is fire.
- It's a world of evil.
- It can set the whole course of your life on fire (in a bad way).

You probably didn't wake up this morning thinking about your words that way. Then again, you probably didn't wake up thinking about your words at all! But I think it's important that we pay attention to what James says, because it's totally true!

Think about what you could do with your words before the end of the day. You could cause incredible pain to someone. You could destroy a relationship or a friendship. You could scar your siblings or your parents forever. All of which could actually change the course of your life. If we aren't careful, we can create a ton of regret by the end of a random day just by what we say.

That's because, just like fire, **your words can be a weapon**. And this is just as true even if . . .

- The person deserved what you said.
- You were just kidding.
- You didn't mean it.
- You were just mad.
- What you said is true.

IN YOUR CHAIR TIME TODAY

When others hurt us (even those closest to us), our first response may be to seek revenge and justice (that's the desire for them to hurt like we do). Take a few minutes today to memorize verses James 3:5-6 to remind you that before you speak, you can consider the long-range impact of your words, and trust God's Spirit to help you respond with grace and mercy.

DAY FOUR Read Proverbs 10:19-21

Read the passage and then choose one verse/thought related to your words and answer one of these three questions:

- Is there a sin to avoid?
- Is there a promise to claim?
- Is there a command to obey?
- Is there an application to make?
- Is there something new about God?

As you meet with God today, talk to Him about what you read/learned and respond appropriately to it.