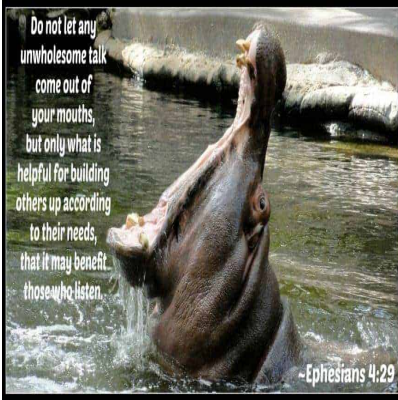




## Proceed with Caution

### Description

This verse outlines one of the goals I've had for this year! Every year, I try to watch my tongue just a little more closely. I want a tighter reign on it. I want the words that proceed from my mouth to encourage, uplift, and nourish others. If for some reason, I can't come up with words to do this in a situation... then I pray I will be silent. I pray that I will not foolishly open my mouth and give way to Satan's conniving ways. I don't want my mouth to be used for anything, but God's glory.

Are you with me? I'd love to think that I'm the only one who struggles with what comes out of my mouth, but I think we all have moments, if not days of unwholesome talk. My prayer is that we will see what needs to change. May our words be seasoned with God's grace.

Here are a few Proverbs to keep in mind...

**Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue. (Proverbs 17:27)**

**He who answers before listening– that is his folly and his shame. (Proverbs 18:13)**

**He who guards his mouth and his tongue keeps himself from calamity. (Proverbs 21:23)**

*Dear Father God, Please help me to keep a tighter reign on my tongue. May You place a filter over my mouth and may that filter be used to catch any words that do not produce life in another. Help me to be conscious of every word I speak and to speak only for Your glory! May I speak only what builds, edifies, encourages, and uplifts others. May all other words find their way to the trash can in my mind and not proceed from my mouth.*

Proceeding with Caution,

### Category

1. Identity in Christ

## Tags

1. Caution
2. Ephesians
3. James
4. Proverbs
5. Talk
6. Tongue

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