

Hacking the Tongue

—Life Hacks II, Week 10—

Proverbs (NIV)

I. _____ of the _____.

- 18:20 From the fruit of their mouth a person's stomach is filled;
with the harvest of their lips they are satisfied.
- 18:21 The tongue has the power of life and death,
and those who love it will eat its fruit.

II. Your _____ Affects _____.

- **Your _____ can be _____,
or they can _____.**

18:6 The lips of fools bring them strife,
and their mouths invite a beating.

18:7 The mouths of fools are their undoing,
and their lips are a snare to their very lives.

21:23 Those who guard their mouths and their tongues
keep themselves from calamity.

14:3 A fool's mouth lashes out with pride,
but the lips of the wise protect them.

15:1 A gentle answer turns away wrath,
but a harsh word stirs up anger.
- **Practically: _____ before you _____.**

13:3 Those who guard their lips preserve their lives,
but those who speak rashly will come to ruin.

15:28 The heart of the righteous weighs its answers,
but the mouth of the wicked gushes evil.
- **Practically: _____ less, _____ more.**

10:8 The wise in heart accept commands,
but a chattering fool comes to ruin.

18:2 Fools find no pleasure in understanding
but delight in airing their own opinions.

17:28 Even fools are thought wise if they keep silent,
and discerning if they hold their tongues.

18:13 To answer before listening—
that is folly and shame.

10:19 Sin is not ended by multiplying words,
but the prudent hold their tongues.

III. Your _____ Affects _____.

- **Warning! _____ hurts, so don't _____.**

18:8 (26:22) The words of a gossip are like choice morsels;
they go down to the inmost parts.

16:28 A perverse person stirs up conflict,
And a gossip separates close friends.

11:13 A gossip betrays a confidence,
but a trustworthy person keeps a secret.

20:19 A gossip betrays a confidence;
so avoid anyone who talks too much.
- **_____ others ____, don't ____ them _____.**

10:21 The lips of the righteous feed many,
but fools die for lack of sense.

12:18 The words of the reckless pierce like swords,
but the tongue of the wise brings healing.

15:4 The soothing tongue is a tree of life,
but a perverse tongue crushes the spirit.

16:24 Gracious words are like a honeycomb,
sweetness to the soul and health to the body.

The Bottom Line

_____ your _____, and _____ to _____ rather
than _____.

...by _____ before _____, talking ____, and _____ more.

...by intentionally _____ others with _____.

...by not saying _____ things _____ others.



... you can do it! Wield that
tongue for good rather than evil.

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