





THERE IS ONE WHOSE RASH WORDS ARE LIKE SWORD THRUSTS, BUT THE TONGUE OF THE WISE BRINGS HEALING. - PROVERBS 12:18

### EXERCISE SELF CONTROL:

WAR THE HARMAN

HE WHOEVER KEEPS HIS MOUTH AND HIS TONGUE KEEPS HIMSELF OUT OF TROUBLE. - PROVERBS 21:23

# AVOID DESTRUCTIVE SPEECH:

A WORTHLESS MAN PLOTS EVIL, AND HIS SPEECH IS LIKE A SCORCHING FIRE. - PROVERBS 16:27

### BUILD OTHERS UP:

5 BETTER IS OPEN REBUKE THAN HIDDEN LOVE. 6 FAITHFUL ARE THE WOUNDS OF A FRIEND; PROFUSE ARE THE KISSES OF AN ENEMY. - PROVERBS 27:5-6

# AVOID EXCESSIVE SPEECH:

WHEN WORDS ARE MANY, TRANSGRESSION IS NOT LACKING, BUT WHOEVER RESTRAINS HIS LIPS IS PRUDENT. - PROVERBS 10:19

#### BUILD OTHERS UP:

LIKE APPLES OF GOLD IN SETTINGS OF SILVER IS A WORD SPOKEN IN RIGHT CIRCUMSTANCES — PROVERBS 25:11 (NASB)

AND HELLING THE STATE OF THE ST

