



Journey to Wellness and Wholeness

Out of our mouths

Matthew 15:1 Some Pharisees and teachers of religious law now arrived from Jerusalem to see Jesus. They asked him,² "Why do your disciples disobey our age-old tradition? For they ignore our tradition of ceremonial hand washing before they eat."

3 Jesus replied, "And why do you, by your traditions, violate the direct commandments of God?"

4 For instance, God says, 'Honor your father and mother,' and 'Anyone who speaks disrespectfully of father or mother must be put to death.'⁵ But you say it is all right for people to say to their parents, 'Sorry, I can't help you. For I have vowed to give to God what I would have given to you.'

'6 In this way, you say they don't need to honor their parents.* And so you cancel the word of God for the sake of your own tradition.7 You hypocrites! Isaiah was right when he prophesied about you, for he wrote,

8 `These people honor me with their lips, but their hearts are far from me.

9 Their worship is a farce, for they teach man-made ideas as commands from God.'
(Is. 29:13)"

10 Then Jesus called to the crowd to come and hear. "Listen," he said, "and try to understand.**11** It's not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth."

12 Then the disciples came to him and asked, "Do you realize you offended the Pharisees by what you just said?"

13 Jesus replied, "Every plant not planted by my heavenly Father will be uprooted,
14 so ignore them. They are blind guides leading the blind, and if one blind person guides another, they will both fall into a ditch."

15 Then Peter said to Jesus, "Explain to us the parable that says people aren't defiled by what they eat."

16 "Don't you understand yet?" Jesus asked.

17 "Anything you eat passes through the stomach and then goes into the sewer.

18 But the words you speak come from the heart—that's what defiles you. **19** For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander. **20** These are what defile you. Eating with unwashed hands will never defile you."

James gives further teaching

- **James 1:5** In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire.⁶ And the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.*

- **James 1:7** People can tame all kinds of animals, birds, reptiles, and fish,⁸ but no one can tame the tongue. It is restless and evil, full of deadly poison.⁹ Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God.¹⁰ And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!

Wisdom from Proverbs

Proverbs 15:1 A gentle answer deflects anger, but harsh words make tempers flare.

2 The tongue of the wise makes knowledge appealing, but the mouth of a fool belches out foolishness.

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4 Gentle words are a tree of life;
a deceitful tongue crushes the spirit.

- **Proverbs 15:28** The heart of the godly thinks carefully before speaking; the mouth of the wicked overflows with evil words.

29 The **LORD** is far from the wicked,
but he hears the prayers of the righteous.

30 A cheerful look brings joy to the heart;
good news makes for good health.

31 If you listen to constructive criticism,
you will be at home among the wise.

32 If you reject discipline, you only harm yourself;
but if you listen to correction, you grow in
understanding.

Proverbs 10:11 The words of the godly are a life-giving fountain; the words of the wicked conceal violent intentions.

10:21 The words of the godly encourage many,...

10:31 The mouth of the godly person gives wise advice, ... **32** The lips of the godly speak helpful words, but the mouth of the wicked speaks perverse words.

- **Prov. 11:9** With their words, the godless destroy their friends, but knowledge will rescue the righteous.
- **12:6** The words of the wicked are like a murderous ambush, but the words of the godly save lives.
- **12:18** Some people make cutting remarks, but the words of the wise bring healing.

Awesome Truth

- Today, I can be a life giver with my words!
- When we say life giving words we are worshipping the Lord!
- In our quest for wholeness we *can be* transformed in our minds and hearts which will translate to our tongues!
- **Psalm 19:14** May the words of my mouth and the meditation of my heart be pleasing to you, O **LORD**, my rock and my redeemer.