

GOOD BAD HABITS

Rising Above the Forces of Our Nature

“HONESTY IS THE BEST POLICY”

Dr. David H. McKinley

“My habits make the difference between success and failure, progress and mediocrity in my life.”

“A habit is a cable; we weave a thread of it every day, and at last we cannot break it.” —Horace Mann

“The chains of habit are too weak to be felt until they are too strong to be broken.” —Lloyd Cory

“Habits are internal issues expressed in external patterns.”

Sow a thought, reap a deed,
Sow a deed, reap a habit,
Sow a habit, reap a character,
Sow a character, reap a destiny.

“Honesty is the best policy.”

“No one is wise or safe, but that they are honest.”
—Sir Walter Raleigh

“Treacherous people are destroyed by dishonesty.”
Proverbs 11:3

A POLICY OF HONESTY NEEDS TO BE DRAFTED IN MY HEART

❖ Toward Myself (Self Deception)

“Let no one deceive himself.” I Corinthians 3:18

- ✓ When we believe our own press clippings
- ✓ When we deny the consequences of bad choices
- ✓ When we make ourselves the exceptions to rules
- ✓ When we deny our limitations

“Do not boast yourself of tomorrow, for you do not know what a day may bring forth.” Proverbs 27:1

❖ Toward Others (Lack of Credibility)

“Confidence in an unfaithful man in a time of trouble is like a bad tooth and a foot out of joint.” Proverbs 26:19

❖ Toward God (Hypocrisy)

“Thou shalt not bear false witness.” Ex. 20:16

A POLICY OF HONESTY MUST BE DEFENDED IN MY MIND

I maintain a policy of honesty because it . . .

❖ Reduces my stress

“The wicked are edgy with guilt, ready to run off even when no one’s after them; honest people are relaxed and confident, bold as lions.”

Proverbs 28:1 (The Message)

❖ Strengthens my relationships

Trust building comes from truth telling.

❖ Deepens my credibility

“Credibility has shelf life.” —Tom Landry

❖ Increases my stability

❖ Establishes my reputation

“A good name is to be chosen rather than great riches.”
Proverbs 22:1

A POLICY OF HONESTY MUST BE DEVELOPED IN MY LIFE

1. Establish a truth source.

2. Admit your mistakes

“People will tolerate honest mistakes, but if you violate their trust you will find it very difficult to ever regain their confidence. That is one reason you need to treat trust as your most precious asset. You may fool your boss, but you can never fool your colleagues or subordinates.”

—Craig Weatherup, Chairman and CEO, Pepsico

3. Focus on truth in the little things and hidden things.

Weigh your words.

Pay your debts.

Display your knowledge.

4. Recognize that truth often hurts.

“In the end, people appreciate frankness more than flattery.” Proverbs 28:23 (NLT)

5. Balance truth with tact.

“Speak the truth in love.” Ephesians 4:15

6. Limit your association with those who like to gossip.

“A gossip tells secrets, so don’t hang around with some one who talks too much.” Proverbs 20:19 (NLT)

“When you run out of wood, the fire goes out; when the gossip ends, the quarrel dies down... Listening to gossip is like eating cheap candy, do you want junk like that in your belly?” Proverbs 26:20, 22 (The Message)

“No man can climb out beyond the limitations of their own character.” —John Morley

Truth telling is habit forming.

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“HARBORING HATE”

Dr. David H. McKinley

HATE IS EASY TO ACCUSE IN OTHERS AND EXCUSE IN ME

Hate is an inside job. It begins in the heart.

“The heart is deceitful above all things and desperately wicked; who can know it?” Jeremiah 17:9

Pay attention to the habits of the heart!

“Keep vigilant watch over your heart; that’s where life starts.”
Proverbs 4:23

HATE WILL CORRODE ITS CONTAINER AND BE CONSUMED BY ITS OBJECT

“Hate is a strong emotion of displeasure, a consuming energy that seeks to find expression and resolution in the pain, payment or punishment of its object.”

• **Hate Devours.** “Bitterness is an acid that destroys the container that holds it.”

• **Hate Divides.**

• **Hate Destroys.** “The thief does not come except to steal, to kill and destroy, but I am come that you might have life and have it more abundantly.” John 10:10

HATE IS PROGRESSIVE IN DEVELOPMENT AND ACTIVE IN RESPONSE

“Hate Fuels”:

- **Fear** “Short is the road that leads from fear to hate.”
—Italian Proverb
- **Prejudice**
- **Pride**
- **Selfishness**
- **Pain**
- **Injustice**

HATE IS GOOD IN THE FACE OF EVIL AND BAD IN THE FACES OF PEOPLE

“A time to love, and a time to hate; a time of war and a time of peace.” Ecclesiastes 3:8 (NKJV)

“Don’t just pretend that you love others. Really love them. Hate what is wrong. Stand on the side of the good.”
Romans 12:9 (NLT)

God has a hate list:

“These six things the Lord hates, yea, seven are an abomination to Him: A proud look, a lying tongue, hands that shed innocent blood, a heart that devises wicked plans, feet that are swift in running to evil, a false witness who speaks lies, and one who sows discord among brethren.”

Proverbs 6:16-19

HATE NEEDS THE RELEASE OF FORGIVENESS AND THE REMEDY OF GOODNESS

• Hate needs the release of forgiveness

“Repressed (unresolved) anger hurts and keeps on hurting. If you always deal with it simply by holding it firmly in check or sweeping it under the rug, without any form of release or healing, it can produce rigidity and coldness in personality.”

—Dr. David Augsburger

“You’re familiar with the old written law, ‘Love your friend,’ and its unwritten companion, ‘Hate your enemy.’ I’m challenging that. I’m telling you to love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer, for then you are working out your true selves, your God-created selves. That is what God does. He give His best—the sun to warm and the rain to nourish—to everyone regardless; the good and bad, the nice and nasty. If all you do is love the lovable, do you expect a bonus? Anyone can do that. If you simply say hello to those who greet you, do you expect a medal? Any run-of-the-mill sinner does that.”

Matthew 5:43-46

• Hate needs the remedy of goodness

“Therefore whatever you want men to do for you, do also to them, for this is the Law and the Prophets.” Matthew 7:12

“If we allow ourselves to hate, that is to insure our spiritual defeat and our likeness to what we hate.”

—George William Russell

“I shall never permit myself to stoop so low as to hate any man.” —Booker T. Washington

DO WE WANT TO GO BACK TO NORMAL?

By Max Lucado

"Do we want to go back to normal?" Four thousand gathered for mid-day prayer in a downtown cathedral. A New York City church filled and emptied six times last Tuesday. The owner of a Manhattan tennis shoe store threw open his doors and gave running shoes to those fleeing the towers. People stood in lines to give blood, in hospitals to treat the sick, in sanctuaries to pray for the wounded.

America was different this week. We wept for people we did not know. We sent money to families we've never seen. Talk-show hosts read Scriptures, journalists printed prayers. Our focus shifted from fashion hemlines and box scores to orphans and widows and the future of the world.

We were different this week. Republicans stood next to Democrats. Catholics prayed with Jews. Skin color was covered by the ash of burning towers. This is a different country than it was a week ago.

We're not as self-centered as we were. We're not as self-reliant as we were. Hands are out. Knees are bent. This is not normal. And I have to ask the question, "Do we want to go back to normal?"

Are we being given a glimpse of a new way of life? Are we, as a nation, being reminded that the enemy is not each other and the power is not in ourselves and the future is not in our bank accounts?

Could this unselfish prayerfulness be the way God intended for us to live all along? Maybe this, in his eyes, is the way we are called to live. And perhaps the best response to this tragedy is to refuse to go back to normal.

Perhaps the best response is to follow the example of Tom Burnet. He was a passenger of flight 93. Minutes before the plane crashed in the fields of Pennsylvania he reached his wife by cell phone. "We're all going to die," he told her, "but there are three of us who are going to do something about it."

We can do something about it as well. We can resolve to care more. We can resolve to pray more. And we can resolve that, God being our helper, we'll never go back to normal again.



“ATTITUDES SPEAK LOUDER THAN WORDS”

Dr. David H. McKinley

“Your attitude toward something makes all the difference in how you see and respond to it!”

“Life is like baseball, it's 95% mental and the other half is physical.” —Yogi Berra

“As a man thinks in his heart, so is he.” Proverbs 23:7

“An attitude is a habit of thought.”

What is an attitude?

It is the advance man of our true selves.
Its roots are inward, but its fruit is outward.
It is our best friend and our worst enemy.
It is more honest and more consistent than our words.
It is a thin line which draws people to us or repels them.
It is never content until it is expressed.
It is the librarian of our past.
It is the speaker of our present.
It is the prophet of our future.

—John Maxwell

“Attitudes speak louder than words.”

ELEVATE THE BENEFITS OF A GOOD ATTITUDE

A good attitude . . .

- makes life better than it is.
- makes people easier to get along with.
- makes my work seem worthwhile.
- makes it easier to laugh.
- makes me a healthier person.
- allows me to accomplish more than I ever dreamed before.

EXAMINE THE FLUX FACTORS IN MY ATTITUDES

• Temperament (Who I am)

“For you formed my inward parts and covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. My frame was not hidden from You, when I was made in secret, and skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed, and in your book they all were written, the days fashioned for me when as yet there were none of them. How precious are your thoughts to me, O God! How great is the sum of them!” Psalm 139:13-17

• Environment (Where I am or what I have come from)

“The last of human freedoms is to choose one's attitude in any given set of circumstances.” —Victor Frankl

• Entertainment (What I see and what I hear)

“Faith comes by hearing and hearing by the word of God.”
Romans 10:17

“What I believe about life determines how I perceive life, which determines what I receive from life.”

• Assessment (How I count)

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” —W.W. Zeige

• Enlightenment (What I learn)

Knowledge, growth and exposure can change attitudes.

• Encouragement (Who cheers me on?)

Attitude is often enhanced or decreased by encouragement.

ESTABLISH A “GAME PLAN” FOR GOOD ATTITUDE DEVELOPMENT

• Identify bad patterns of thought

“Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.”
Philippians 4:8

• Clarify your life mission

“Focus and concentration are stimulants for accomplishment in life.”

• Simplify your concerns to today

“So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.” Matthew 6:34

• Qualify your friends

Assemble a team of encouragers and challengers. “It's hard to soar with eagles when you walk among the turkeys.”

• Magnify your dreams

Don't make excuses for wanting life to be better; make better choices. Think outside the box and believe there is more beyond the borders.

GOOD BAD HABITS

Rising Above the Forces of Our Nature

“APPEASING ANXIETY”

Dr. David H. McKinley

Fear, worry, anxiety, and stress are the four points of the compass found in the hearts of most Americans today.

Preliminary Thoughts:

- Worry and anxiety are attacks on the mind.
The word *worry* comes from an old English word *wrygan* which means *to strangle or to choke*.

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.” —Arthur Somer Roche

- Worry and anxiety take on many forms.
- Worry and anxiety, when left alone, reduce my productivity, diminish my quality of life, agitate the well being of my relationships, distress my body, interrupt my sleep and destroy my peace.

“Anxiety in the heart of man causes depression, but a good word makes it glad.” Proverbs 12:25

PRINCIPLES TO ATTACK ANXIETY

THE PRINCIPLE OF IDENTIFICATION

Common Fear Factors:

- Fear of Want
- Fear of Suffering
- Fear of Failure
- Fear of Death

“The fear of the Lord is the beginning of wisdom and knowledge.” Proverbs 1:7

“And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.” Matthew 10:28

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

THE PRINCIPLE OF MOBILIZATION

Pray
Read
Exercise
Partner
Appreciate
Record
Engage

Pray:

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Philippians 4:6-7

“To break the habit of worry, you must develop the habit of prayer.”

Read:

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” Phil. 4:8

“Reading is to the mind what exercise is to the body.”

—Richard Steel

“There’s hardly any grief that an hour’s reading will not dissipate.”

—L. de Montesquieu

“The more we read the more we believe, the more we believe the more we hope, the more we hope the more we pray, the more we pray the more we love, the more we love the more we labor.” —Mr. Charles E. Cowman

Exercise:

Just as mental distress can result in physical disorders, physical fitness can assist in mental strength.

Partner:

Sometimes sharing results in others bearing and building you up. A world of counsel or a voice of comfort can add strength.

Appreciate:

When you are worried and anxious, take time to appreciate what you have, who you love, and focus on the best of life.

Record:

A journal is a good way to process thoughts, concerns and needs.

Engage:

Don’t burn your energies on negative processing. Worry and anxiety paralyze us.

“The things you learned and received and heard and saw in me, DO and the God of peace will be with you.” Phil. 4:9

THE PRINCIPLE OF DEDICATION

Transfer the title deed of your life to God.

Peace is not the absence of problems, but it is learning to relate to God rightly in all things.

“Fear not for I am with you, be not dismayed for I am your God, I will strengthen you, I will help you, I will uphold you with the right hand of my righteousness.” Isaiah 41:10



**“BOUNDARIES TODAY
KEEP THE DOCTOR AWAY”**

Dr. David H. McKinley

**CONSIDER THE RESULTS
OF UNBORDERED LIVING**

When life is unbordered, we suffer physically, emotionally, relationally and spiritually.

Because of a lack of boundaries, we increase stress.

Five myths about stress:

1. Stress is the same for everybody.
2. Stress is always bad for you.
“Stress is a normal and necessary psycho-physiological process in our body that adapts us to change.” —Margin by Richard Swenson
3. You can’t do anything about stress.
4. No symptoms, no stress.
5. Only major symptoms of stress require attention.

(Excerpt taken from The Stress Solution by Miller and Lyle)

**Because we do not have boundaries, we become
sarcastic and cynical.**

**Because we do not have boundaries, we end up
living on substitutes.**

Activity is substituted for living.
Busyness is substituted for priorities.
Frenzied contact is substituted for relationships.
Compulsive behavior is substituted for contentment.

“Much of our activity these days is just a cheap anesthetic to deaden the pain of an empty life.”

—Howard Hendricks

**EMBRACE THE REMEDY OF A
BORDER CONTROLLED LIFE**

Begin by examining your turf.

“An unexamined life is not worth living.”

Oder each day with priorities.

Understand the power of “No!”

Navigate the shores between time and technology.

Do less, but do your best.

Aadjust your plans to include the unplanned.

Recognize that recreation is not an option.

Yield to the purpose of God.

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“BESTOWING BLAME”

Dr. David H. McKinley

In an article entitled, “Forget Responsibility, Blame Someone Else”, Ron French of the Gannett New Service asserts,

“Ducking responsibility has become an American pastime. We all have learned to play the blame game, where the seven deadly sins are acceptable syndromes, and criminals are victims. From life long smokers suing tobacco companies, to students rationalizing cheating, we’ve become a nation of whiners and cry babies. ‘It’s part of the American character nowadays,’ says Charles Sykes, A Nation of Victims. ‘We’ve gone from a society of people who were self-reliant to a people who inherently refuse to accept responsibility.’”

From the earliest account, blame is rampant in human relationships.

⁸Toward evening they heard the LORD God walking about in the garden, so they hid themselves among the trees. ⁹The LORD God called to Adam, “Where are you?” ¹⁰He replied, “I heard you, so I hid. I was afraid because I was naked.” ¹¹“Who told you that you were naked?” the LORD God asked. “Have you eaten the fruit I commanded you not to eat?” ¹²“Yes,” Adam admitted, “but it was the woman you gave me who brought me the fruit, and I ate it.”
Genesis 3:8-12

Blame = Be Lame!

Key Idea: A weakened sense of responsibility does not weaken the fact of responsibilities in my life.

LET’S TALK ABOUT PLAYING THE “BLAME GAME”

In a discussion on marriage entitled, “The Great Cover Up,” Pastor Rick Warren provides insights into human responses to being threatened. A found these insights invaluable in providing motivation for blaming others.

- **When I am afraid of my faults, I become defensive.**
- **When I am afraid of my feelings, I become distant.**
- **When I am afraid of losing freedom, I become demanding.**

LET’S TALK ABOUT AVOIDING THE “BLAME TRAP”

More than taking responsibility, I want to challenge you to become a person of *respect*.

• Start with Honesty

“People who cover their sins will not prosper. But if they confess and forsake them, they will receive mercy.”

Proverbs 28:13 (NLT)

“If we say we have not sin, we are only fooling ourselves and refusing to accept the truth.” 1 John 1:8

“Cleanse me from my hidden faults.” Psalm 19:12

• Speak with Integrity

“Take responsibility for your life by starting with your mouth.”

“Whoever falsely boasts of giving is like clouds and wind without rain.” Proverbs 25:14 (NKJV)

“He who walks with integrity walks securely.” Prov. 10:9

Reliability and responsibility produce stability.

• Serve with Intensity

“It’s not what we do that matters, but how much love we put into it.” —Mother Teresa

“If your goals are good, you will be respected.”

Proverbs 11:27

• Share with Generosity

Becoming a person of respect means becoming a generous person. You think of what you can give to others, rather than what you don’t have: you wants, your needs, your hurts, etc.

• Succeed with Humility

“Pride ends in humiliation, while humility brings honor.”

Proverbs 29:23

Character is always a matter of choice!

You cannot control the circumstances of your life, but you can move from the lame condition of blaming, by lifting your life value with a character of respect.

Final Thought:

“Everyone of us will give account of himself to God.”

Romans 14:12

GOOD BAD HABITS

Rising Above the Forces of Nature

“INVEST YOURSELF”

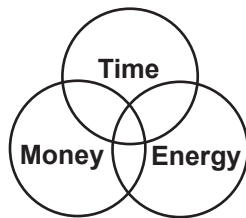
Dr. David H. McKinley

“My Life Goals: Spend first half of life accumulating wealth. Spend second half giving it away.” —Andrew Carnegie

“People are never honored for what they receive, but for what they give.”

Great Life Principle: “It is more blessed (happy) to give than to receive.” Acts 20:35

“Invest yourself” includes three spheres:



HOW TO DEVELOP A PERSONAL PROFIT SHARING PROGRAM FOR YOUR LIFE

• Start by Limiting Your Space Needs

So many people go through life trying to enlarge and enclose their space. If all you are doing is acquiring larger space, then there will come a day when you have much to live with and little to live for.

• Hand it Over Before You Hand it Out

One of the greatest obstacles that hinders giving is the obsessive need for recognition: “It is mine!” There is a time and place for recognition, but if your motive for giving is recognition, then you are enslaved to your own selfish ambition.

The Good Samaritan: Luke 10:30-36

• Assess the Emptiness of Acquisitions

“Things” don’t satisfy in life, but a satisfied life can enjoy many things. Don’t live in the “when/then” mindset: “When I get _____, then I will be happy.”

One of the most misquoted passages in the Bible is taken from a passage in I Timothy 6:7-10. The Bible does not say that money is the root of all evil, but the Bibles does say that the *love* of money is the root of all sorts of evil.

Great Life Promise: “Give and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For the measure you use, it will be measured to you.” Luke 6:38

Three types of givers:

Flint...*Sparks* ignite with asked to give
Sponge...You have to *squeeze* it out of them
Honeycomb...Giving *flows* from the person

• Regard the Law of the Harvest

“Do not be fooled: you cannot cheat God. People harvest only what they plant. If they plant to satisfy their sinful selves, their sinful selves will bring them ruin. But if they plant to please the Spirit, they will receive eternal life from the Spirit. We must not become tired of doing good. We will receive our harvest of eternal life at the right time if we do not give up. When we have the opportunity to help anyone, we should do it. But we should give special attention to those who are in the family of believers.” Galatians 6:7-10

Thus, the Law of the Harvest is real in life:

You reap what you sow.
You reap later than you sow.
You reap more than you sow.

“Whoever gives to others will get richer; those who help others will themselves be helped.” Proverbs 11:25

• Extend Your Life and Legacy

In the end, the final question of life is not, “How much have you gotten?” Instead, it should be, “How much have you given?”

Review:

Start by Limiting Your Space Needs

Hand it Over Before You Hand it Out

Assess the Emptiness of Acquisitions

Regard the Law of the Harvest

Extend Your Life and Legacy

GOOD BAD HABITS

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“INDULGING INGRATITUDE”

Dr. David H. McKinley

CONFESS

“I am an attitudinally challenged person.”

- “I get irritated”
- “I get impatient”
- “I get intimidated”
- “I can be critical”
- “I often complain”
- “I get frustrated”
- “I easily forget”

CONSIDER



“Thanks Busters”

• Attitude of pride

“Pride goes before destruction, and a haughty spirit before a fall.” Proverbs 16:19

“The atheist’s most embarrassing moment is when he feels profoundly thankful for something, but can’t think of any body to thank for it.” —Dante Gabriel Rossetti

• Spirit of pettiness

“Pettiness is the tendency of people without large purposes.”
—George Will

• Mindset of pity

• Forgetful of privilege

“Familiarity breeds contempt.”

• Loss of perspective

CHOOSE

1719 Classic, *Robinson Crusoe*

“Thank” and “Think” come from the same root word. If we think more, we thank more.

“Gratitude produces more positive emotional energy than other attitudes in the world.” —Hans Selye

“Keep your heart with all diligence, for out of it spring the issues of life.” Proverbs 4:23

“Anxiety in the heart causes depression, but a good word makes it glad.” Proverbs 12:25

“A merry heart does good like a medicine, but a broken spirit dries the bones.” Proverbs 17:22

Gratitude is a choice. “Great attitude”

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus concerning you.” I Thessalonians 5:16-18

CHANGE

“I want to be a thankful person.”

Make a card and at the end of the day write, “Five things I am Thankful for Today.”

“Gratitude (giving thanks) will not change the circumstances of your life, but it will change what your circumstances do to you.”

“O Lord, that lends me life, lend me a heart replete with thankfulness.” —William Shakespeare



“THINK BEFORE YOU ACT”

Dr. David H. McKinley

“With thoughtless and impatient hands, we tangle up the plans the Lord has wrought. And when we cry in pain, He saith, ‘Be quiet, child, while I untie the knot.’”

“Measure twice, saw once.” —Carpenter’s Adage

“The wise are cautious and avoid danger; fools plunge ahead with great confidence.” Proverbs 14:16 (NLT)

Far too many of us are living proof of *The Domino Effect*, plunging through life.

“A prudent person sees trouble coming and ducks; a simpleton walks in blindly and is clobbered.”

Proverbs 22:3 (The Message)

Many of us have heard someone say, “Don’t just stand there, do something!” Don Seymour, a seasoned missionary, rephrased this and said, “Don’t just do something, stand there.” In other words, think before you act.

HOW TO STAND AND THINK BEFORE YOU ACT

Ask these questions:

• Am I standing by my priorities?

“Don’t let the world around you squeeze you into its mold.” Romans 12:2 (Phillips)

• Am I standing on the lessons of history?

“We live life forward, we learn life backwards.”

“Your willingness to learn from and adjust to the lessons of the past will determine how far you can travel into the future.”

“People who accept correction are on the pathway to life, but those who ignore it will lead others astray.”

Proverbs 10:17

• Am I standing still while allowing time for change?

“A period of hesitation can make all the difference in solving problems and advancing efforts.”

• Am I standing out, willing to be different?

“Every time a paradigm is broken, it is because someone was willing to rethink the process before repeating the action.”

“Only simpletons believe everything they are told! The prudent carefully consider their steps.” Proverbs 14:15

• Am I standing tall with determined focus and resolve?

“Great people are just ordinary people with an extraordinary amount of determination.” —John Maxwell

“So don’t get tired of doing good. Don’t get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.” Galatians 6:9

• Am I standing up, true to my character and convictions?

“He who walks with integrity walks securely, but he who perverts his ways will become known.”

Proverbs 10:9

• Am I standing above, keeping the best of life in view?

“Your life today is the result of your thinking yesterday. Your life tomorrow will be a result of your thinking today.” —John Maxwell



“TRASH TALKING”

Dr. David H. McKinley

“If our lips would keep from slips, five things observe with care: to whom you speak, of whom you speak, and how...and when...and where.” —Will Noris

“I have often regretted my speech, never my silence.”
—Publius, Greek Sage

“He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction.”
Proverbs 13:3

“The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness.”
Proverbs 15:2

“In a multitude of words sin is not lacking, but he who restrains his lips is wise.” Proverbs 10:19

“There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.”
Proverbs 12:18

What can we do to break the bad habit of trash talking and begin the positive habit of using our tongues for good?

• **Gather Your Thoughts So you Don’t Scatter Your Words**

“The heart of the wise teaches his mouth and adds learning to his lips.” Proverbs 16:23

“The heart of the righteous studies how to answer, but the mouth of the wicked pours forth evil.”
Proverbs 16:28

T-H-I-N-K

TTrue?

Are you telling the truth? “The words of a talebearer are like tasty trifles, and they go down into the innermost body.” Proverbs 18:8

Honest?

Dishonesty destroys relationships. Honesty creates intimacy.

Important?

“A fool’s mouth is his destruction and his lips are the snare of his soul.” Proverbs 18:7

Necessary?

“A fool’s lips enter into contention, and his mouth calls for blows.” Proverbs 18:6

Kind?

“A man has joy by the answer of his mouth and a word spoken in due season, how good it is.”
Proverbs 15:23

• **Guard Your Tone So You Don’t Add to Your Enemies**

“A soft answer turns away wrath, but a harsh word stirs up strife.” Proverbs 15:1

• **Give A Lot of Encouragement So You Can Help Your Friends**

“The lips of the righteous feed many . . .”
Proverbs 10:21

“Speak the truth in love.” Ephesians 5:18

Epitaph: “The Encourager”