



## **“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**

### **T**True?

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

### **H**onest?

Dishonesty destroys relationships. Honesty creates intimacy.

### **I**mportant?

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

### **N**ecessary?

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

### **K**ind?

“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”