

## The Sanctified Tongue

**Sanctified = to make holy, to consecrate. From hagios which is the word for holy.**

### **James 1:26**

*Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.*

Sanctifying our tongue is something we all struggle with. Even if you are quiet, maybe you are negative and critical with your words. We often judge people's weakness on just one aspect of their talking. For example we will emphasise how we do not gossip yet sometimes we make self righteous judgments.

### **James 3:8**

*but no human being can tame the tongue. It is a restless evil, full of deadly poison.*

This means that my ability to control what comes out of my mouth is a good barometer for my spirituality.

**“Words: So innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them.”** - Nathaniel Hawthorne

## **A. Why is it important to sanctify your tongue?**

### **1. Life and death is in the tongue**

#### **Prov 18:20-21**

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

**WORDS and SWORD have the same letters. Our words are like swords. They can win you a battle but you can also use them to kill and murder.**

#### **Prov 15:4**

*The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.*

#### **Prov 12:18**

*The words of the reckless pierce like swords, but the tongue of the wise brings healing.*

Think about your words this last week. Did they contribute to conversations or contaminate conversations? Did they bring life or death?

### **2. Your words can determine the quality of your life**

#### **1 Peter 3:10**

*For, "Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech.*

#### **Prov 12:13 – 14**

<sup>13</sup> *Evildoers are trapped by their sinful talk, and so the innocent escape trouble.* <sup>14</sup> *From the fruit of their lips people are filled with good things, and the work of their hands brings them reward*

### **3. Your words can rescue you**

#### **Prov 12:6-7**

*The words of the wicked lie in wait for blood, but the speech of the upright rescues them.*

### **4. Your words can defile you**

Defile means to damage the purity or perfection of something.

## **Matthew 15:11**

*What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them."*

## **5. There is sin in the multitude of words.**

### **Prov 10:19**

*Sin is not ended by multiplying words, but the prudent hold their tongues.*

### **Prov 10:18 – 19**

*<sup>18</sup> The one who conceals hatred has lying lips, and whoever spreads slander is a fool. <sup>19</sup> When words are many, sin is unavoidable, but he who restrains his lips is wise. (Berean Study Bible)*

We sin a lot with our mouths. It will be interesting to see the difference in sin rate between people that can talk and people that can't.

### **Ps 39:1**

*I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth while in the presence of the wicked."*

### **Prov 18:1 – 7**

*<sup>1</sup> An unfriendly person pursues selfish ends and against all sound judgment starts quarrels. <sup>2</sup> Fools find no pleasure in understanding but delight in airing their own opinions. <sup>3</sup> When wickedness comes, so does contempt, and with shame comes reproach. <sup>4</sup> The words of the mouth are deep waters, but the fountain of wisdom is a rushing stream. <sup>5</sup> It is not good to be partial to the wicked and so deprive the innocent of justice. <sup>6</sup> The lips of fools bring them strife, and their mouths invite a beating. <sup>7</sup> The mouths of fools are their undoing, and their lips are a snare to their very lives.*

## **6. Our words are a reflection of our hearts**

What I say is a reflection of what's in my heart.

### **Prov 15:28**

*The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.*

## **7. Our tongue acts as a rudder that directs our lives**

### **James 3:2 – 8**

*<sup>2</sup> We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check. <sup>3</sup> When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. <sup>4</sup> Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. <sup>5</sup> Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. <sup>6</sup> The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. <sup>7</sup> All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, <sup>8</sup> but no human being can tame the tongue. It is a restless evil, full of deadly poison.*

We see this when God calls Jeremiah into prophetic ministry.

### **Jer 1:6-8**

*Ah, Lord GOD," I said, "I surely do not know how to speak, for I am only a child!" <sup>7</sup>But the LORD told me: "Do not say, 'I am only a child.' For to everyone I send you, you must go, and all that I command you, you must speak. <sup>8</sup>Do not be afraid of them, for I am with you to deliver you," declares the LORD.... (Berean Study Bible)*

Often, we end up afraid because of our confession with our mouths. We talk ourselves into greater fear.

**Be careful what you say about your destiny. Be careful of inner vows you have made. Be careful of ruminating on negative things. Ruminating is:**

1. to go over in the mind repeatedly and often casually or slowly
- 2: to chew repeatedly for an extended period

It's a transitive verb. You ruminate on something. A transitive verb is an action verb that accepts one or more objects.

## **B. What does it mean to have a sanctified tongue?**

Having a sanctified tongue or sanctified words means that:

### **1. My words will only edify**

#### **Eph 4:29**

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

Edify means to build up. Your words are beneficial and upbuilding.

**Words which do not give the light of Christ increase the darkness.** - Mother Teresa

### **2. My words are Spirit-led**

#### **Luke 12:11-12**

<sup>11</sup> *When you are brought before the synagogues, rulers, and authorities, do not worry about how to defend yourselves or what to say.* <sup>12</sup> *For at that time the Holy Spirit will teach you what you should say.*" (Berean Study Bible)

### **3. My words are full of grace and seasoned with salt**

#### **Col 4:6**

*Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*

Grace = Charis = Gratitude, favour and kindness. When someone is full of these three there is a way in which they speak. Often people with an entitlement mentality will speak in a certain way.

Salt helps with taste. Is your communication tasteful? To make ready for seasoning.

Answer = to respond or take up the conversation. This answer may differ depending on who one is speaking to.

Everyone = Each one, each individual. Each and every. Hekastos.

### **4. My words are gentle and kind**

#### **Prov 15:1**

*A gentle answer turns away wrath, but a harsh word stirs up anger*

#### **Mt 11:29**

*Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

Jesus describes Himself as gentle. This is not something we are fabricating but it's how He sees Himself.

**Kind words do not cost much. Yet they accomplish much.** - Blaise Pascal

### **5. My words are full of wisdom**

#### **Prov 12:18**

*The words of the reckless pierce like swords, but the tongue of the wise brings healing.*

**Prov 31:26**

*She speaks with wisdom, and faithful instruction is on her tongue.*

One of the key attributes of the Prov 31 woman is her wise tongue.

**Prov 15:2**

*The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly.*

**6. Christ's words are in me**

**John 15:7**

*If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.*

This means I can pray His words too.

DL Moody said: **"When a man is filled with the Word of God you cannot keep him still, If a man has got the Word, he must speak or die".**

**7. My words are truthful**

**Prov 12:19**

*Truthful lips endure forever, but a lying tongue lasts only a moment.*

**C. What are the consequences of having an unsanctified tongue?**

**There are consequences for you**

**Ps 52:2 – 7**

*<sup>2</sup> You who practice deceit, your tongue plots destruction; it is like a sharpened razor. <sup>3</sup> You love evil rather than good, falsehood rather than speaking the truth. <sup>4</sup> You love every harmful word, you deceitful tongue! <sup>5</sup> Surely God will bring you down to everlasting ruin: He will snatch you up and pluck you from your tent; he will uproot you from the land of the living. <sup>6</sup> The righteous will see and fear; they will laugh at you, saying, <sup>7</sup> "Here now is the man who did not make God his stronghold but trusted in his great wealth and grew strong by destroying others!"*

**There are consequences for others**

**Prov 15:4**

*The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.*

You can crush someone else's spirit with your tongue. Remember that some people are sensitive to words and others to tone.

**We have all felt the brazenness of words without emotion, the hollowness, the unaccountable unpersuasiveness of eloquence behind which lies no love. - Henry Drummond**

**D. What are some signs of an unsanctified tongue?**

**1. Lying and bearing False witness**

**Prov 6:16 – 19**

*<sup>16</sup> There are six things the LORD hates, seven that are detestable to him: <sup>17</sup> haughty eyes, a lying tongue, hands that shed innocent blood, <sup>18</sup> a heart that devises wicked schemes, feet that are quick to rush into evil, <sup>19</sup> a false witness who pours out lies and a person who stirs up conflict in the community.*

**2. Slander**

**Titus 3:1-2**

*<sup>1</sup> Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, <sup>2</sup> to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.*

### 3. Gossip

#### Prov 17:9

*Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.*

How do you deal with a gossip? Remember that they are only as powerful as they are enabled by their hearers. Be careful that you don't enable gossip. Gossips only do so when they have an audience.

You can confront them directly. Let them know how you feel uncomfortable with what they are doing and that it erodes the trust between you. You can explicitly disagree with their statements. You can encourage them to go and tell the individual directly. You can go with them to tell the individual.

#### Prov 18:8

*The words of a gossip are like choice morsels; they go down to the inmost parts.*

#### Prov 26:20

*Without wood a fire goes out; without a gossip a quarrel dies down.*

Sadly, gossips often cause division and the bible says very strong things about how we should relate to a divisive person:

#### Titus 3:10 – 11

<sup>10</sup> *Warn a divisive person once, and then warn them a second time. After that, have nothing to do with them.*

<sup>11</sup> *You may be sure that such people are warped and sinful; they are self-condemned.*

The spirit of division often spreads through gossip.

**Be mindful when it comes to your words. A string of some that don't mean much to you may stick with someone for a lifetime."** - Rachael Wolchin

### 4. Rash vows

#### Mt 5:34 – 37

<sup>34</sup> *But I tell you, do not swear an oath at all: either by heaven, for it is God's throne; <sup>35</sup> or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. <sup>36</sup> And do not swear by your head, for you cannot make even one hair white or black. <sup>37</sup> All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.*

### 5. Coarse jesting

#### Eph 5:4

*Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.*

Obscenity = baseness, indecent, filthiness

Foolish = words coming out of a dull and sluggish heart, brainless (Moros + Lego)

Coarse jesting = ready wit that is vulgar

### 6. Deceitful Charm and Flattery

#### Prov 26:23 – 28

<sup>23</sup> *Like a coating of silver dross on earthenware are fervent lips with an evil heart. <sup>24</sup> Enemies disguise themselves with their lips, but in their hearts they harbor deceit. <sup>25</sup> Though their speech is charming, do not believe them, for seven abominations fill their hearts. <sup>26</sup> Their malice may be concealed by deception, but their wickedness will be exposed in the assembly. <sup>27</sup> Whoever digs a pit will fall into it; if someone rolls a stone, it will roll back on them. <sup>28</sup> A lying tongue hates those it hurts, and a flattering mouth works ruin.*

## 7. A Bad temper

### Prov 17:27 – 28

<sup>27</sup> *The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered.*

<sup>28</sup> *Even fools are thought wise if they keep silent, and discerning if they hold their tongues.*

### James 1:19 – 20

<sup>19</sup> *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,* <sup>20</sup> *because human anger does not produce the righteousness that God desires.*

**“Don’t mix your words with your mood, you can change your mood but you can’t take back your words.” -**

- Anonymous

## E. What are some steps to having a sanctified tongue?

### 1. Have a standard and pre-decide what you can or can’t say

#### Rom 12:1

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*

The world has a pattern and so does the Kingdom of God. Find out what the Kingdom standard is for various aspects of communication.

Do you have a standard when it comes to confidentiality?

Do you have a standard when it comes to what you can communicate with the opposite sex?

### 2. Set a guard on your lips

Are you watchful over your words?

#### Prov 21:23

*Those who guard their mouths and their tongues keep themselves from calamity.*

#### Ps 141:3

*Set a guard over my mouth, LORD; keep watch over the door of my lips.*

Your lips are a door. Often when we want to close doors to the enemy’s activities we forget about the door of our lips. In other words we should stop saying certain things. What we say can give the enemy unnecessary legal access into our lives.

### 3. Guard your heart - Prov 4:23

#### James 3:9 – 12

<sup>9</sup> *With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God’s likeness.* <sup>10</sup> *Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.* <sup>11</sup> *Can both fresh water and salt water flow from the same spring?* <sup>12</sup> *My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.*

### 4. Dedicate your tongue to be a weapon of righteousness

#### Ps 119:171-172

<sup>171</sup> *May my lips overflow with praise, for you teach me your decrees.* <sup>172</sup> *May my tongue sing of your word, for all your commands are righteous*

**..... to bless, instruct, prophesy, teach, pray, decree etc. In other words it’s not just about avoiding saying BAD things but embracing the good you can do with it.**

Are you holding back compliments and kind words?

**I would go to the deeps a hundred times to cheer a downcast spirit. It is good for me to have been afflicted, that I might know how to speak a word in season to one that is weary. - Charles Spurgeon**

## 5. Keep your mind fixed on heavenly things

### **Col 3:1-3**

<sup>1</sup> Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your minds on things above, not on earthly things. <sup>3</sup> For you died, and your life is now hidden with Christ in God.