



HOW TO SPEAK THE TRUTH WELL

*"And I tell you this, you must give an account on judgment day for every idle (careless) word you speak." **Matthew 12:36 (NLT)***

*"You have also heard that our ancestors were told, 'You must not break your vows; you must carry out the vows you make to the Lord.' But I say, do not make any vows! Do not say, 'By heaven!' because heaven is God's throne. And do not say, 'By the earth!' because the earth is His footstool. And do not say, 'By Jerusalem!' for Jerusalem is the city of the great King. Do not even say, 'By my head!' for you can't turn one hair white or black. Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one." **Matthew 5:33-37 (NLT)***

1. I need to listen more than I talk.

*Too much talk leads to sin. Be sensible and keep your mouth shut. **Proverbs 10:19 (NLT)***

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry... **James 1:19 (NIV)***

2. I need to think first and then say as little as possible.

*Intelligent people **think** before they speak... **Proverbs 16:23 (GNT)***

*Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, **so let your words be few. Ecclesiastes 5:2 (NIV)***

3. I need to be as honest, transparent, and clear as I possibly can.

In the end people appreciate frankness more than flattery.

Proverbs 28:23 (TLB)

4. I need to be kind and use kind words. (Be considerate.)

Let everyone see that you are considerate in all you do... **Phil. 4:5 (NLT)**

*Speak ...**only** what is helpful for building others up, according to **their needs**, that it may benefit those who listen.* **Ephesians 4:29 (NIV)**

5. I need to fulfill the commitment I have made, even if it costs me.

*Let our lives lovingly express the **truth in all things** – speaking truly, dealing truly, living truly.* **Ephesians 4:15 (AMP)**

6. If I have failed in the past, then start over today.

... "God opposes the proud but gives grace to the humble." **James 4:6 (NLT)**

- Apologize.
- Get honest.
- Make a plan and work the plan.

Going deeper on your own: Pastor Jay said, "Making a commitment is a good thing. Commitments help us grow, bring glory to Christ, and allow God to use us to help fulfill what He has for others." Do you agree? He also said, "Although commitments are good, we must exercise caution. If we do not keep a commitment to someone, it communicates that we don't value them." Do you agree? We learned that when we make promises to others, we are also making them to God. It is wise to be well thought out when making commitments. Here are few questions to consider before making promises: Am I doing this for the recipient and Christ's glory, or for myself? Am I being honest and realistic? Do I fully understand what this commitment means? It is always better to under-commit and over-deliver than to over-promise and fall short.