

# Positively Speaking

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## From the Heart's Abundance

Every day the average person speaks enough words to fill a 50- page book! If your words over the past week were recorded, what would they reveal about you?

The Bible says, *"Out of the overflow of the heart, the mouth speaks."* (Luke 6:45)

Your conversation reflects the condition of your soul.

- An angry person will speak harsh words.
- An insecure person will speak anxious words.
- A negative person will speak pessimistic words.
- A jealous person will speak spiteful words.
- A judgmental person will speak condemning words.
- A shame-based person will speak guilt-producing words.
- A happy person will speak joyful words.
- A thankful person will speak grateful words.

*"He who guards his lips guards his soul, but he who speaks rashly comes to ruin."* (Prov. 13:3)

### It pays to T.H.I.N.K. before you speak.

- **T** -- Is it true? Do you know what you are saying is a fact, or are you simply passing rumors and innuendos
- **H** - Is it helpful? Will the world be a better place because you said it? Does it help the listener?
- **I** - Is it inspiring? Gossip and criticism are usually discouraging to everyone involved. Are you lifting others up with your speech? You can use your words for great damage, or for tremendous blessing.
- **N** - Is it necessary? Do you really have to say it? What would happen if you left it unsaid? Calvin Coolidge said, "I have never been hurt by anything I didn't say."
- **K** - Is it kind? Do you have the other person's best interest in mind? Are you practicing the Golden Rule in your conversation? Would you want someone to say things like this about you?

"If someone paid you ten cents for every kind word you said about people, and collected five cents for every unkind word, would you be rich or poor?" Henry N. Ferguson

An ancient proverb states: "He who thinketh by the inch, and talketh by the mile, ought to be kicked by the foot!"