

Words Matter – Day One

Mouth on Fire

“Rumors are dainty morsels that sink deep into one’s heart.” —
Proverbs 18:8 (NLT)

If we are all honest, we all know someone who gossips. If we are super honest with ourselves, we know that we too can gossip. It shows up everywhere we go. Work, home, ballfield, grocery store line. Why is gossip so common? It's everywhere, including when we watch reality tv that was created for us to watch and gossip about the show.

If we look at other versions of today's contemporary scripture version, there is nothing so delicious as the taste of gossip, it melts in your mouth.

Another translation for the same version:

Listening to gossip is like eating cheap candy. Do you really want that junk in your belly?

Have you ever noticed how quickly words travel? A single sentence whispered in one corner of a room can circle the building before you finish your coffee. Words move fast—and when those words are gossip, they burn like wildfire.

The Bible warns us that gossip is not harmless conversation. It’s a spark that can ignite damage in multiple directions. The person being

talked about gets burned by the rumor. Their reputation may be hurt, their feelings wounded, and relationships strained. But the damage doesn't stop there.

The listener gets burned, too. When we entertain gossip, we allow negativity to sink into our hearts. Proverbs remind us that rumors are like “dainty morsels”—they may taste good in the moment, but they settle deep within us. The more we consume them, the more they shape our thoughts about others.

And the person speaking gossip? They often get burned the worst. Once someone becomes known as gossip, trust disappears. Proverbs warn that betraying another person's secret can destroy your reputation in ways that are difficult to repair.

In a world filled with social media posts, text messages, and casual conversations, it's easy to forget how powerful our words really are. But Scripture makes it clear—our mouths can either start fires or bring healing.

Before repeating something, you heard, pause and ask yourself a few questions:

- Why am I telling you this?
- Is it helpful?
- Would I say this if the person were standing here?

Words matter. They carry the power to tear down or build up. Today is a good day to decide that the words leaving your mouth will be the kind that brings life, not flames.

Prayer

Lord, help me guard my words today. Give me the wisdom to know when to speak and the discipline to stay silent when needed. Let my words encourage others and reflect the new life You have given me. In Jesus Name We Pray, Amen.

Today's Thought:

Before you repeat a rumor, remember—your mouth can start a fire, or it can shine a light. Choose wisely.