

Words Matter – Day Three

Close Your Mouth

“Watch your tongue and keep your mouth shut, and you will stay out of trouble.” — Proverbs 21:23 (NLT)

Some of the biggest problems in life did not start with fists, money, or major decisions. They started with words. A careless comment. A sharp reply. A piece of information that should have stayed private. One sentence can create hurt that lasts for years.

That is why Proverbs gives such plain wisdom: watch your tongue and keep your mouth shut. Sometimes the most spiritual thing you can do is say nothing at all.

In real life, this shows up in ordinary moments. Someone frustrates you at work, and you want to send that text message telling somebody all about it. A family member says something that rubs you the wrong way, and you're ready with a comeback. A friend shares something private, and you feel tempted to pass it along “just so somebody can pray.” In those moments, wisdom says: close your mouth.

Silence is not weakness. Silence can be strength under control. It takes maturity to pause before speaking. It takes godliness to ask, “Will these words help, heal, or harm?” Not everything that is true needs to be said. Not everything that is felt needs to be voiced in the moment.

When we belong to Christ, we are not supposed to speak the same way we used to. Scripture says the old life is gone and a new life has begun. That means our words should start reflecting the change Jesus has made in us. Instead of reacting in anger, we learn restraint. Instead of spreading hurt, we choose peace.

Today, ask God to help you master the pause. Before you speak, before you post, before you repeat, stop and let the Holy Spirit check your heart. A closed mouth at the right time can save a relationship, protect a reputation, and keep trouble from spreading.

Prayer

Lord, help me control my tongue today. When I am tempted to speak too quickly, remind me to pause. Set a guard over my mouth so that my words bring peace and not pain. Let what I say reflect the new life You have given me. In Jesus Name We Pray, Amen.

Today's Thought:

Just because you can say it does not mean you should. Sometimes wisdom sounds like silence.