

## CONTROLLING THE TONGUE

James 3:1 - 13; Romans 3:13 and 14; Matthew 12:34 and 35 - We have great power with our words and need God's help to control it.

What we speak:

- affects our own confidence and faith
- sways how others think and believe about us
- may influence how others think and believe about themselves
- can shape how others view God

Romans 10:9 & 10; Hebrews 4:13; 10:23; 1John 1:7; Ac 19:18 Our confession has powerful sway on our faith. What we confess affirms what we believe, and at times it seals our conviction and faith.

The devil cannot read our minds, but he can read our actions and hear our words.

Proverbs 12:15; 19:20; James 5:16 - We all need to confess the negatives we battle with and receive godly counsel. We do not need to tell everyone in our life the negatives because that confirms or establishes them and weighs us down.

Philippians 2:13 & 14 - When I say aloud what the Word says about me, I confirm in my own heart this truth. "I am a son of God." "I can do all things through Christ who strengthens me." "I am more than a conqueror."

Proverbs 17:7, 27, 28 Our words sway how others think and believe about us.

Proverbs 10: 11 & 12; 11:9; 16:27 & 28; 17:9 - Our words may influence how others think and believe about themselves.

Proverbs 4:24; 6:1 - 5; 8:13; 10:11 & 12, 14, 19, 20, 21, 31, 32; 11:11 - 13; 12:13, 14, 18, 19; 13:2, 3; 14:3, 25; 15:1, 2, 4, 7, 23, 26, 28; 16:1, 13, 21, 24, 27; 17:7, 20, 27, 28; 18:6, 7, 20, 21; 19:1; 21:9, 23; 26:22, 23, 28; 29:11 & 20

## CONTROLLING ANXIETY

1 Peter 5:7NASB - Casting all your anxiety on Him, because He cares for you.

1 Peter 5:7AV - Casting all your care upon Him; for He careth for you.

A distinct but not always clear line exists between care, concern, and anxiety. Concern can be the forerunner to godly, faith-based action, while anxiety is the trigger to fear and unbelief.

Proper Concern	Anxiety
Godly faith	Unbelief
Right action	Fear based action

*Merriam Webster Dictionary* - “a) anxiety is painful or apprehensive uneasiness of mind usually over an impending or anticipated ill; b) fearful concern or interest; c) a cause of anxiety often marked by physiological signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one’s capacity to cope with it.”

As we learn to surrender to take control, anxiety becomes a sign of taking control without the help of God. When we are “uptight,” we are doing things on our own. Anxiety needs to become a trigger for running to God and seeking His help. Faith genders confidence, reassurance, and peace.

Philippians 4:6 and 7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God and the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Matthew 6:25-33 When you are anxious, slow your mind down, and think about what you are doing, then switch your focus to God. Think about the birds, not your problems. “I will never leave you, I will never forsake you.”

Luke 10:41 and 42 Is what you are bothered over of more importance than fellowship with God? Let go; let God care for you. As long as you are in charge, He is not. What you are doing may seem honorable and important, but nothing is more important than maintaining faith in Yahweh.

1 Corinthians 7:21-24 Indeed, take believing action regarding your vocation, but do not worry or become fearful.

1 Corinthians 7:25-35 Do not allow your marriage status to control your life. Stop being uptight about where you are, and focus upon God

Genesis 32:6-12 Jacob did the right thing in his worry. He prayed.

24-32 The angel taught Jacob to trust God, that everything would be fine. "Israel" means with God you will prevail.

Psalms 34:1-7 Focusing on trying to get rid of anxiety will just make you more anxious. Practice the SASA steps – Stop what you are thinking; Ask God for help; Speak the word aloud to yourself; and Act in a different but biblical way. When you are not anxious, train yourself by mental imagery to react the godly way so that when anxiety comes, you are prepared. Anxiety can quickly spin out of control, so it is essential to be prepared before it comes.

Some Practical Ideas:

- When you go to bed at night and first thing when you wake up in the morning, think about the good things God has done (even if they seem small and insignificant), and give Him thanks.
- Control your inner talk about yourself and focus on God's loving concern for you – "I will never leave you or forsake you."
- Be busy and do something, since activity keeps your mind off your anxiety. When you wake up in the morning, start doing something right away, and keep busy all day. Cleaning the house, washing the dishes, or working in your garden, reading, studying, meditating, or exercising your body can help you keep your mind away from anxiety. Staying idle and thinking about your problems and worries won't make them go away.
- Talk about your anxieties to someone you trust. Talking about your feelings can alleviate them or at least provide a clearer perspective. However, the conversation must be motivated by a real desire to get rid of your anxiety and not just complaining.
- Exercising your body and staying fit is a good way to keep fears and anxieties away.
- Find reasons to laugh. This will bring light and happiness into your life and drive anxiety away.

Psalms 55:22; 62:8

Proverbs 3:5 and 6

Trust in the LORD with all your heart and do not lean on your own understanding.

In all your ways acknowledge Him, and He will make your paths straight.