



SOUL DETOX

ALLOWING YOUR HEART
TO CATCH UP
WITH YOUR LIFE

“If anyone can control his tongue, it proves that he has perfect control over himself...”

James 3:2 (LB)



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“If people never said anything wrong, they would be perfect.”

James 3:2 (NCV)



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Blessings **Fear** **Agree**
No **Yes**
Disagree **Love** **Death**
Life **Hate**
Curses

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Why Must I Learn To Manage My Mouth?

1. My mouth directs where I go.

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“We can make a large horse turn around and go wherever we want by means of a small bit in his mouth.”

James 3:3 (LB)



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“Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.”

James 3:4 (NIV)



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Why Must I Learn To Manage My Mouth?

1. My mouth directs where I go.
2. My mouth can destroy what I have.



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“The tongue is a small thing, but what enormous damage it can do. A great forest can be set on fire by one tiny spark. And the tongue is a flame of fire.”

James 3:5–6 (LB)



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“...the tongue is set on fire by hell itself and can turn our whole lives into a blazing flame of destruction and disaster.”

James 3:6b (LB)



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“Keep your mouth closed and you’ll stay out of trouble.”

Proverbs 21:23 (LB)



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“All kinds of animals...have been tamed by man, but no man can tame the tongue. It is a restless evil, full of deadly poison.”

James 3:7–8 (NIV)



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Why Must I Learn To Manage My Mouth?

1. My mouth directs where I go.
2. My mouth can destroy what I have.
3. My mouth displays who I really am.

“Out of the same mouth come praise and cursing...this should not be.”

James 3:10 (NIV)



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“Can you pick olives from a fig tree, or figs from a grape vine? No, and you can’t draw fresh water from a salty pool!”

James 3:12 (LB)



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THE BOTTOM OF THE PROBLEM:
CONSIDER THE SOURCE

“For out of the overflow of the
heart the mouth speaks.”

Matthew 12:34



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What's the Solution?

1. Get a new heart.



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“Rid yourselves of all the offenses you have committed and get a new heart and a new spirit.”

Ezekiel 18:31 (NIV)



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What's the Solution?

1. Get a new heart.
2. Think before I speak.



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“Everyone should be quick to listen, slow to speak and slow to become angry.”

James 1:19 (NIV)



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T – Truthful?

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T – Truthful?

H – Helpful?



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T – Truthful?

H – Helpful?

I – Inspirational?



SOUL
DETOX

T – Truthful?

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N – Necessary?



SOUL
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T – Truthful?

H – Helpful?

I – Inspirational?

N – Necessary?

K – Kind?



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What's the Solution?

1. Get a new heart.
2. Think before I speak.
3. Ask for help daily.

“Lord, help me control my tongue; help me be careful about what I say.”

Psalms 141:3 (NCV)



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