

Meditations Concerning Speech that Satisfies and Strengthens



Psalm 19:14 Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my rock and my Redeemer.

Proverbs 31:26 She opens her mouth in wisdom, and the teaching of kindness is on her tongue.

Proverbs 16:24 Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

Colossians 4:6 Let your speech always be with **grace**, as though seasoned with salt, so that you will know how you should respond to each person.

Luke 6:45 The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; **for his mouth speaks from that which fills his heart.**

Matthew 15:18 But the things that proceed out of the mouth **come from the heart**, and those defile the man.

Proverbs 16:23 The **heart** of the wise **instructs his mouth** and adds persuasiveness to his lips.

Proverbs 29:20 Do you see a man who is **hasty in his words**? There is more hope for a fool than for him.

Proverbs 21:23 He who **guards his mouth** and his tongue, **guards his soul from troubles.**

Proverbs 13:3 The one who **guards his mouth preserves his life**; the one who opens wide his lips comes to ruin.

Psalms 34:12-13 Who is the man who desires life and loves length of days that he may see good? **Keep your tongue from evil, and your lips from speaking deceit.**

Psalm 141:3 *Set a **guard**, O Lord, over my mouth; **keep watch** over the door of my lips.*

Proverbs 10:19 *When there are many words, transgression is unavoidable, but he who **restrains** his lips is wise.*

Ephesians 4:29 *Let **no unwholesome word** proceed from your mouth, but only such a word as is **good for edification** according to the need of the moment, so that it will **give grace to those who hear**.*



- Proverbs 12:18* There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise **brings healing**.
- Proverbs 15:4* A **soothing tongue** is a tree of life, but perversion in it crushes the spirit.
- Proverbs 15:1* A **gentle answer** turns away wrath, but a harsh word stirs up anger.
- Psalms 37:30* The mouth of the righteous utters **wisdom**, and his tongue speaks justice.
- Proverbs 10:13a* On the lips of the discerning, **wisdom** is found.
- Proverbs 10:31a* The mouth of the righteous flows with **wisdom**.
- Proverbs 25:11* Like apples of gold in settings of silver is a word spoken in right circumstances.
- Proverbs 15:23* A man has **joy in an apt answer**, and how **delightful is a timely word!**
- Proverbs 10:11a* The mouth of the righteous is a **fountain of life**.
- Proverbs 10:21a* The lips of the righteous **feed many**.