

2/24/2019 / Sis Naamah

Revelation 20:12 the angels are keeping accounts on how we talk to one another.

1st book personal

2nd book Bible book of Life

Think before you speak everyone has a book

Matthew 12:36-37 Every idle word that you say is being documented. Be careful with what you say if you cannot correct someone with a scripture, just be quiet.

1st Peter 3:10 how to speak in a marriage refrain your tongue from speaking evil. Don't take shots at your husband build your husband up with your speech

Proverbs 18:21 Death and life is in the power of the tongue.

"What are you using it for you can build up or tear down. you have to work together to build a future together". Mama Shamarah

Friendship by Sis Naamah

James 3:5-11 the tongue is a little thing, but it can kindle a big fire in your marriage. Do you see Christ in your Lord or do you see him as a nigga? Use Abigail and Nabal as an example. Everything doesn't need a response. Words hurt! What do you want to be written in the books?

Go to the bible to calm yourself. What kind of stuff are you saying in front of your children? Think before you speak, you cannot curse your Lord out and be a virtuous wife at the same time. Your Lord is made in God's image. Just because he works at a minimum wage job it doesn't mean you can disrespect him. He may be King David, Abraham, Isaac etc. You can use your mouth for a blessing or a curse.

Sirach 9:18 He that is rash in his talk shall be hated, how do we talk to one another?

Am I modeling the proper example? The disrespect is going to spread.

1 Timothy 2:12 Your name is all you have.

Do not usurp authority over your Lord. Don't belittle him. With your words build him up.

Esther 14:13 Esther asking TMH for eloquent speech to speak before the king, he was rough.

Eloquent: persuasive, fluent, impressive. Having the ability to speak properly. With her words she calmed him down just by the way she spoke.

Esther 15:13 Example of how Esther spoke. God change his spirit in her favor.

Esther 15:8 The spirit of the king turned into mildness. TMH can change a man spirit if he wants.

Pray and fast that TMH changes your lord spirit.

1 Timothy 4:12 Be an example to the unbelieving and to those in your household. Are you an example, watch what you say & how you speak? Are you speaking wisely? How are you handling it? Pray for your Lord. Use the fruits of the spirit. Be long-suffering be gentle with your husband's spirit. You must be pure.

Friendship

Ephesians 4:29 If you do not have anything good to say don't say anything. Don't let evil communication come out your mouth. Use your friendship for exhorting one another. Use it to edify & uplift.

Study & Apply

Proverbs 26:17-19 Do not meddle in peoples, business you will get bit.

If you know you hurt their feelings don't act like you didn't. Don't throw shade. Every word is being recorded. Remove yourself from ungodly situations. "Hurt people hurt people".

This is a place of repentance. The medicine comes from the scriptures, so apply as thus saith the Lord.

Sirach 28:17-18 You do not know how someone's day is going. So, don't let people get into your head. Be humble & apologize show yourself to be decent. Love others as you love yourself. Be mindful of what you are saying, how you deal with other people spirits. Words do hurt.

Ephesians 4:22 Put off the old man's conversation. Put on the new man.

3 types of business

Whose business are you in?

- 1. Yours?
- 2. Another person's business?
- 3. God's business?

1 Thessalonians 4:11 Study to apply the scriptures. We tend to stick our nose in other people's business. Ask yourself, am I mummering?

Are you attending to God's business? What are the things you are doing to be about God business? Do you love yourself, are you taking responsibility of your own life?

You don't always have to say something. Most people listen to respond. Think, Breathe, and Listen... these steps will help you prepare what to think, consider your response, but you must first listen. Even though silence seems longer than what it is. We at times take that moment of silence for granted. Wait and examine before speaking.

Keep your mouth closed if it doesn't involve you.

Proverbs 17:28 You have the ability to be silent. A fool is wise enough to hold back his tongue.

Keep negative thoughts to yourself and keep it away. Don't say anything if it's not caused for.

Proverbs 13:3 If it's not called for don't speak. Do you have something of value to bring to the conversation?

Proverbs 10:17 Walk away to avoid sin

2 Thessalonians 3:11 We should be well doing. Use social media for the truth. Don't be a busy body.

Exodus 23:2 You still can respond right. Don't follow others to do evil. Don't let others behavior take away from your godliness.

Mark 13:11 Speak the truth. Sometimes you may be better off not saying anything. Walk away, be at peace stay in your lane. Be quiet sometimes it's for your best interest. No response is a response. See Satan when he comes. Gain the discernment. Your speech is good if you spoke thus saith the Lord.

Be Quiet ... Don't Respond

"Being quiet is a response in itself".

Proverbs 17:19-20 If you like to go back and forth with others, you're in sin, you're are seeking destruction. (Be Quiet)

Don't exalt yourself trying to be holier than thou... build a name for yourself.

Don't speak the things that don't concern you.

Romans 12:18 Be at peace with one another. People should expect peace from you.

The forms of silence:

Masking: Not telling the whole truth or what you feel. You must avoid masking and sugar coating what you feel. We talk but not addressing the issue. Avoiding conversations.

Awkward silence: A withdrawing conversation or exiting room or. Empty space no conclusion no closure.

Mindful silence: Reflect on what you're going to say.

Matthew 9:4 Don't think evil in your heart. TMH already knows what's in your heart. Your thoughts turn into action. Change your thinking process.

Psalms 139:23 TMH will try, he wants to see if we know when to be quiet. Also, to see what our thoughts are.

Sirach 5:15 Be not ignorant be quite

Deuteronomy 19:18 The judges making diligent inquisition. Be quiet if you don't know the facts.

Proverbs 18:13 We all think we are right. Don't answer unless you know the facts.

Sirach 19:16 Humble yourself and apologize. Sometimes we do slip at the tongue.

Sirach 41:15-19, 23 Be wise and do not embarrass yourself. You're going to look like a fool, just be quiet.

Sirach 42:8 Be not ashamed to inform the unwise and foolish.

Don't speak when it's not your place to speak.

1 Corinthians 14:35 Learn from your lord.

James 1:19 be swift (be quick) to hear, slow to speak, be slow to anger.

Be okay with not being liked. Everyone is not going to like you. Love and like yourself that's important. Watch your actions for the old woman will creep up.

1 Corinthians 10:13 You're going to be able to bear that silence when you rehearse in it.

Proverbs 28:13 He that covers his sin shall not prosper. Examine yourself, turn away from sin.

Ephesians 4:26 Be angry and sin not

Proverbs 16:32 Be slow to anger.

Be productive do not be idle.

Matthew 25:29 What are you doing to help your house out, be accountable.

Deuteronomy 30:19-20 Life and death is set before us. Think of how you can do good today what can I do for my fellow sister?

Luke 6:31 Treat others how you would want to be treated.

2 Peter 1:10 Make your calling and election sure. You must have the willingness to give. Blessed is the man that endured. You may be tired but do not quit, stand up and be strong. It's not the time to be weak. Have patience and endurance.

James 1:12 Blessed is the man that endureth.

With wisdom comes good judgment.

Proverbs 4:7-9 to make good judgment, wisdom is the principal thing. Understand there's a time when you need to speak and a time to be quiet. Have patience with your Lord cause we all are sick trying to get ourselves right.

James 2:8 Treat people the way you want to be treated. Love others as you love yourself.

Benefits of silence:

*helps you to be more aware

*active listening.

*controlling your emotions

2 Corinthians 5:7 Walk by faith and not by sight. Being quiet takes practice.

Rule you.

Proverbs 3:5-6 Lean not on your own understanding. Practice on being quiet.

Hebrews 11:1 Faith is the things not seen. The sun sits beautifully in the sky and doesn't say a thing.

Silence is strength

Colossians 4:5-6

Walk in wisdom speak things season with salt otherwise be quiet.

2 Peter 1:21 Speak using the words of God.

Psalms 19:14 Let the words of my mouth be acceptable and the sight of the Lord.

Joshua 6:2, 5,10 Joshua and the Battle of Jericho. Following direction. It was a time to speak.

Sirach 36:23 The woman is like no one else. Comfort each other with your speech

Know your triggers

Proverbs 31:26 She open her mouth with wisdom and in her tongue is the law of kindness.

Revelation 18:4 Come out of the world. Don't entertain those retched TV shows