

# Moments of Inspiration

Words: To Uplift or to Pull Down by Sonia Edwards

Proverbs 10:11–14

Focus verse (v. 11): The mouth of the righteous is a fountain of life  
but the mouth of the wicked conceals violence.

**T**he human mouth is used for many things, but its role in communicating what we are feeling and in sending messages to others is very significant. Because the mouth is such an important channel of communication the Bible offers a long thread of guidance on how we should manage the words that come out of our mouths. We are also instructed that the things that come out of a person's mouth comes from their heart and that is what defiles them (Matt: 15:18). If what comes out of our mouth has the potential to defile us, then it follows that it also has the potential to uplift us. The passage being considered today, Proverbs 10: 11 – 14, provides several contrasts about the impact of the mouth. In one instance it can be a fountain of life in another it can bring violence and ruin.

Another scripture also admonishes us to avoid releasing unwholesome talk that is not constructive

out of our mouths, but instead to release only such as is good for building up, according to each situation so that it may be beneficial to the hearer (Ephesians 4:29). For us to fulfill this guidance, we must pay attention to the connection between our brains and our mouths. I believe that we must be cautious about how we transmit what we are thinking and feeling. Very often we do not allow enough relay time between what we think and feel and what we say. Therein lies the test for whether our words can be classified as a fountain of life or an invitation to ruin.

Prayer: Heavenly Father please help me today to pay attention to the words I speak to others. May I take the time to filter and not just blurt out anything because it is how I feel, or it is my right to speak freely. May I keep in mind the result of the words I speak to others, that they may be a witness for you and bring about the impact that you desire. Amen.