



## CELL GUIDE

**TOPIC** Taming the Tiger

**SPEAKER** Pastor Daniel Foo

**THEME** Hebrews Series Revisited

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# MESSAGE SUMMARY

## INTRODUCTION

“Death and life are in the power of the tongue, and those who love it will eat its fruit.” (Prov 18:21) Our words can be a source of ‘life’ and ‘death’. On one hand, we may use our words to encourage, bless, praise, pray, preach (ie. bring life to the hearers). The opposite occurs when our words are used to gossip, criticize, complain and curse. Whether life or death; blessings or curses – it is a choice that we make.

## TAMING OUR TONGUES – SPEAK LIFE!

### 1) Guard Our Hearts

In order to speak life, we need to firstly guard our hearts, for Matt 12:34 says that “...out of the abundance of the heart, the mouth speaks.” Matt 12:35 goes on to say that ‘good treasures’ in our hearts brings forth good things, while ‘evil treasures’ brings forth evil things. What ‘treasures’ are we gathering in our hearts? We need to diligently and intentionally nurture a ‘good’ (ie. clean) heart, for out of our heart, words are spoken – either words that bring life (blessings) or words that bring death (curses).

Are our hearts become troubled with issues of life - unhealed hurts, wounds, unmet needs, anger, bitterness, jealousy, pride, selfishness, boasting, denying the truth, using God’s Name in vain, curses, offenses, certain (wrong) relationships/activities, profanity, unforgiveness, lies, gossip, worries or envy? We need to search our hearts for any of these issues; thereafter to confess, be cleansed, and obtain God’s covering (1 Jn 1:9). This is so important, for by our words, we will either be justified or condemned (Matt 12:37).

### 2) Tame Our Tongues

Secondly, in order to speak life, we need to tame our tongues. Why?

- a) It will help us walk in victory – being slow to speak helps us not to sin, preserves our life, imparts edification and grace, allows us to ‘see good days’ (Ps119:9,11, 141:3-4, Prov13:3, Jam1:19, 26, Eph4:29-30, Col4:6, 1Pet3:10, Ecc5:2, Tit3:2)
- b) The Lord Jesus Himself will back us up – when our words (conversations and prayers) are aligned with scriptures, our words carry weight; are powerful and are not futile. (Heb 3:1, 4:14, 10:23). Words of knowledge and intercession will accomplish God’s purposes. (Is 55:11, 1Sam 3:19, Is44:26a)

- c) The angels will back us up – Ps103:20 states that His angels heed the voice of His Words. This is a promise of protection for the children of God. Battles are fought (and won) with spiritual weapons (words of blessings, prayers), rather than weapons of the world (ie. eye for an eye, tooth for a tooth).

## HOW DO WE 'TAME OUR TONGUES'?

### 1) The Word of God

We need to establish and build our foundation on the Word of God. We are to hear, read, study, remember, meditate and apply the Word of God. By doing so, we will grow in our faith and develop biblical faith convictions. Lastly, we need to speak the Word of God, always in truth and in kindness. Pray and minister God's Word in season to those who are weary, share the gospel, speak the oracles of God – this is for all believers to practise.

Observe Phil 4:8. As a practical guide, we are to THINK before we speak! Is it TTrue? Helpful? Inspiring? Necessary? Kind?

### 2) The Holy Spirit

We need to be familiar with His guidance. He guides us through His laws, which are His instructions. The Holy Spirit also directs our thinking (clarity of mind) and our feeling (emotions from the heart) to bring about a particular conviction/decision. He may also direct our circumstances and provide us with godly counsel from other believers. We need to surrender to His timing which is always perfect – whether to GO (green light), STOP (red light), or WAIT (amber light). Bottom line: we need to live in total dependence on the Holy Spirit. In all things, we are to commit to the Lord in prayer, trust in Him and acknowledge His Sovereignty over our lives.

## PRAYER OF BLESSING *as led by Ps Dan Foo*

**Declare this over yourself and your loved ones**

Father God,

I thank You, that You love me, that You gave me Your only begotten Son. Your Word says, in Rom 8:32, You did not spare Jesus; You freely with Him, give me all things. I thank you that I am Your beloved child. I am accepted in the Beloved Lord Jesus. I am a child of God. I am deeply loved. I am completely forgiven. I am blessed with every blessing that is in Christ Jesus. I am blessed with every blessing of Abraham for I am in Christ. I am a descendant of Abraham (Gal 3:29). I am blessed with every blessing of the law of Deuteronomy 28:1-14, for Christ Jesus is my Righteousness. He has fulfilled every part of the law. I receive every blessing. I am the head, and not the tail. I am on top of my situation. I will not be buried under any. You are the God who works all things for good for me, for You love me. Therefore I love You Lord. For Lord, You have called me. You have saved me for a purpose and destiny. So, I give my life to You and thank You that every provision is there for me. I am always protected in Christ Jesus by the blood of the Lamb, and I receive Your peace to guard my heart and my mind. I have the Peace of Christ to rule in my heart. I have the Lord of Peace with me at all times. I thank you as I receive Your love, Father. I receive Your peace, Lord Jesus. I receive your joy and your strength, Holy Spirit. I pray for grace, favour, wisdom, and energy to live this life victoriously always as a child of God, as a disciple of Christ, as a priest, as a king, as I give my life to You with thanksgiving and praise. In Jesus name, Amen.

# QUESTIONS

1. Prov 18:21 states that 'Death and life are in the power of the tongue'. Share example(s) of how our words can be a source of blessing (bring life) or cursing (bring death). Have you used any of these words or had them used on you and what was your response?

2. Ps Dan Foo shares that we are to live in total dependence on the Holy Spirit and surrender to His timing which is always perfect. Share how the Holy Spirit has guided your decision making or conviction in a recent situation, and whether it is a GO, STOP or WAIT?

3. Matt 12:34 says that "out of the abundance of the heart, the mouth speaks". What 'treasures' are you gathering in your heart? What are the issues in your heart that need to be confessed, cleansed of and to obtain God's covering? Share and pray for one another.