

## Devotional: Our Choice of Words

Christian Devotion about choosing our words wisely

*Set a guard, O Lord, over my mouth; Keep watch over the door of my lips [to keep me from speaking thoughtlessly]. - Psalm 141:3 (AMP)*

We need God to help us with our choice of words, as well as how we 'deliver' those words. We may say the right words and have the right motives (love and concern for the person), but if we get angry or frustrated, it defeats the purpose and it certainly doesn't represent Jesus well. We need to remember to speak carefully and calmly. We all need help in this area, as it is so hard to tame the tongue, but not impossible with God!

There are those who we find conversing with 'hard work' as they seem to twist so much of what is said so that it means something entirely different. But we must remember, how others respond to what we're saying is not our problem, and we've got to try not to be drawn into their arguments or reasonings, as it goes nowhere and often gets off topic. How we respond, though, is our problem. This is a very hard area to be "self-controlled" in, as we tend to get overly emotional. We need God's wisdom to know how to proceed communicating with such people in a non-defensive way.

Maybe we could develop a habit of pausing and releasing our frustration to God in those moments when we feel it rising within, because we must be mindful not to speak 'thoughtlessly', but to think carefully before we speak (or comment on social media).

Lord, help me when I speak, when interacting with others, to choose my words wisely. Help me to express myself clearly and in a calm way. Holy Spirit, prompt me to remember to pause and release my frustration or anger to you when I feel it rising within me. Give me wisdom and patience when dealing with people I find difficult. Help me see them with your eyes and respond in a calm and mature way. Please set a guard over my mouth and keep watch over the door of my lips. Keep me from speaking thoughtlessly. Help me release my anger and frustration to you in those moments, so that I can clearly express myself in a more loving way with words that uplift instead of tearing down, and be able to use my words that clearly express my point of view even though it may conflict with another's. Help me speak wisely—with discernment. In Jesus' name.

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Additional Scriptures: [Psalm 119:11\(AMP\)](#); [Proverbs 15:1\(AMP\)](#); [Proverbs 15:4\(AMP\)](#); [1 Peter 3:10\(AMP\)](#); [Colossians 4:6\(AMP\)](#); [Ephesians 4:29\(AMP\)](#); [Matthew 15:11\(AMP\)](#); [Proverbs 21:23\(AMP\)](#); [Proverbs 15:28\(AMP\)](#); [Matthew 12:36-37\(AMP\)](#)

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