



Think

By Lucy Wall

My Pastor was giving a sermon about the power of the tongue one Sunday morning. He explained that often times, it would be so helpful if only we would think before we spoke!

As part of his teaching, he shared a helpful tool with the congregation that took each letter of the word "Think" and applied it to another word that could be beneficial to consider before opening our mouths to speak. I felt this acrostic list would make a great acrostic poem of sorts and soon found myself writing down some verses.

It's a fairly simple and short little poem but the challenges within could certainly be viewed as rather tricky! The taming of the tongue can be the hardest thing to do but I pray my little poem called "Think" can help us in a practical sense in this life-long and daily venture!

May we consider wisely what words we use when speaking to others and seek to only use those which edify and bring honour to our Lord.

When I go to voice my thoughts and words are on the brink,
As I take a breath to speak, help me Lord to *think!*
THINK. Let me take the "T" and ask if this is *True*.
Only words of honesty can seek to honour You.

Are they mere *opinion* or are they based on fact?
Will these words be *accurate* or are they inexact?
Should I be in any doubt then may they stay unsaid.
Better to keep quiet and refrain from speech instead.

Next, I'll take the letter "H" and ask, "Will this be *Helpful?*"
Detrimental, harmful talk really would be dreadful!
Words can be so damaging and really quite destructive,
So let my speech be *meaningful*, supportive and constructive.

Next, I'll take the letter "I" and ask, "Will this *Inspire?*
Will their soul be *energised*, their spirit set on fire?"
Such mighty things can be achieved through positive persuasion!
May my words *invigorate* and feed their motivation!

Now I'll take the "N" and query, "Is this *Necessary?*"
If my words are *pointless* then it's really quite contrary.
Unwarranted, redundant speech is never what's desired,
Help me Lord to lend my tongue to only what's required.

Last but certainly not least, a thought to keep in mind;
I'll take the letter "K" and ask, "Will my words be *Kind?*"
Perhaps my dialogue *is* true but 'fore a word is spoken,
Let my heart consider, "Will this leave them feeling broken?"



“Is my speech considerate and does it show respect?”
May my soul be *careful* with the words that I select.
How grievous it would be to talk with cruelty to another,
May I speak in *love* as to a sister or a brother.

Set a guard before my mouth, Lord help my thoughts to filter.
May I seek to *edify* and never speak off-kilter.
When words can have the power to elevate or sink,
May I never speak in haste, please help me Lord to *THINK!*

Psalm 141:3

“Set a guard, O Lord, over my mouth;
Keep watch over the door of my lips.”

Proverbs 18:21

“Death and life are in the power of the tongue,
And those who love it will eat its fruit.”

Proverbs 12:22

“Lying lips are an abomination to the Lord,
But those who deal truthfully are His delight.”

Proverbs 16:24

“Pleasant words are like a honeycomb,
Sweetness to the soul and health to the bones.”

Colossians 3:8

“But now you yourselves are to put off all these:
anger, wrath, malice, blasphemy, filthy language out of
your mouth.”

Ephesians 4:25-32

“Therefore, putting away lying, “Let each one of you
speak truth with his neighbour,” for we are members of
one another. “Be angry, and do not sin”: do not let the
sun go down on your wrath, nor give place to the devil.
Let him who stole steal no longer, but rather let him
labor, working with his hands what is good, that he may
have something to give him who has need.

Let no corrupt word proceed out of your mouth, but
what is good for necessary edification, that it may
impart grace to the hearers. And do not grieve the Holy
Spirit of God, by whom you were sealed for the day of
redemption. Let all bitterness, wrath, anger, clamor,
and evil speaking be put away from you, with all malice.
And be kind to one another, tenderhearted, forgiving
one another, even as God in Christ forgave you.”

Philippians 2:14-15

“Do all things without complaining and disputing, that
you may become blameless and harmless, children of God
without fault in the midst of a crooked and perverse
generation, among whom you shine as lights in the
world.”

James 3:1-11

“Not many of you should become teachers, my fellow
believers, because you know that we who teach will be
judged more strictly. We all stumble in many ways.
Anyone who is never at fault in what they say is perfect,
able to keep their whole body in check.

When we put bits into the mouths of horses to make
them obey us, we can turn the whole animal. Or take
ships as an example. Although they are so large and are
driven by strong winds, they are steered by a very small
rudder wherever the pilot wants to go.

Likewise, the tongue is a small part of the body, but it
makes great boasts. Consider what a great forest is set
on fire by a small spark. The tongue also is a fire, a
world of evil among the parts of the body. It corrupts the
whole body, sets the whole course of one’s life on fire,
and is itself set on fire by hell.

All kinds of animals, birds, reptiles and sea creatures are
being tamed and have been tamed by mankind, but no
human being can tame the tongue. It is a restless evil,
full of deadly poison.

With the tongue we praise our Lord and Father, and with
it we curse human beings, who have been made in God’s
likeness. Out of the same mouth come praise and
cursing. My brothers and sisters, this should not be. Can
both fresh water and salt water flow from the same
spring? My brothers and sisters, can a fig tree bear
olives, or a grapevine bear figs? Neither can a salt spring
produce fresh water.”