

## **SELF-CONTROL**

FCA Impact Play: "Think before you speak"

READY: "The one who guards his mouth protects his life; the one who opens his lips invites his own ruin." -Proverbs 13:3

SET: As a young coach I had a short fuse, especially with men in stripes. I had a hard time keeping my mouth shut, and I often said things that got me in trouble. One game in particular, I was not happy with how things were going. I thought my team was being treated unfairly, and I was quick to point it out. Late in the game, I stood up and yelled simply, "What?" It was only one word, but the officials had heard enough, and I got a technical foul. That cost my team the game.

Controlling the tongue is a problem for many coaches and athletes. Many times, they create more problems with their mouths than with any of their actions. Why is that? I know in my case it was because I wouldn't think before I spoke. Proverbs 13:3 tells us that if we can control our tongues it will enhance our lives, but if we speak before we think we can ruin everything.

Why does God want us to keep our tongues in check? When we speak before thinking, we usually do not honor Him with our speech. He would much rather we say nothing at all than speak too quickly. Next time the occasion arises and your temper gets the best of you, control your tongue, think before you speak and make the right choice. Don't let your mouth ruin everything for you in one hasty statement. Best rule of thumb: always think before you speak, especially when you are upset or angry. Silence is the best medicine!

GO:

1. Is your tongue out of control?
2. When was the last time your tongue got you in trouble?
3. Today, what can you do to start thinking before you speak?

WORKOUT:

Proverbs 13

Matthew 5:36-37

James 1:19-20 1

Peter 4:11