

Psalm 141:3, “Set a watch, O LORD, before my mouth; keep the door of my lips.”



The psalmist clearly understands how difficult it is to prevent words from proceeding out of our mouths that are unhealthy and not encouraging to others. He pleads for God’s assistance to keep the door of his lips shut when they need to be shut and open when they need to be open.

James 3:5-12, “Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth! And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: But the tongue can no man tame; it is an unruly evil, full of deadly poison. Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? Either a vine, figs? So can no fountain both yield salt water and fresh.”

James tells us that no man can tame the tongue. We are foolish if we think we do not need God’s help to keep the doors of our lips.

What comes out of our mouths should be well thought out words which benefits others and maintains our Christian testimony.

Colossians 4:6, “Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.”

Scott Pauley, an evangelist, stated that our words should be guarded, guided by the Lord and grace filled.