

# Monitor Your Speech

Most followers of Jesus are highly likely to say that there's nothing wrong with what they say and how they speak. (I gathered this data by listening to many of them over decades.) This perception is a fallacy.

In the Kingdom we are to watch what we say, as well as our heart when we say it.<sup>1</sup> To help with this process there is a technique to learn<sup>2</sup> until we become proficient in being Spirit-led in our speech.

For those who are yet to master Spirit-led discourse, it is important to point out that in the Kingdom these do not belong: gossip, prattling, garrulous talk, babbling, trifling speech, and the like.<sup>3</sup>

So how do you know if you are out of alignment in your speech, even simply?

The key to understanding yourself is to listen to yourself speak. For example: Check to see if any of these are prevalent or your default way of communicating:

- You don't let others finish what they are saying before you are ready to have your say.
- You interject all the time.
- You regularly over-talk others.
- You control the conversations.
- You find it hard to stop talking unless you've run out of things to say.
- You are oblivious of others who are part of a joint conversation.
- What you have to say is the most important thing.
- You prefer to speak rather than listen.
- You can't sit and say nothing.
- Conversations are mostly terminated by you.
- You need to know other people's business.
- You always pry into other people's business.
- You can't stop talking.
- You think about what you're going to say next while the other person is still talking.

Any of these in the list are tell-tale signs that you have lost control of your tongue and therefore you have lost self-control.

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1 – “Kingdom Speech” [canberraforerunners.org/wp-content/uploads/2013/03/kingdom-speech.pdf](http://canberraforerunners.org/wp-content/uploads/2013/03/kingdom-speech.pdf)

2 – “Calmly OODA” [canberraforerunners.org/wp-content/uploads/2018/12/Calmly-OODA.pdf](http://canberraforerunners.org/wp-content/uploads/2018/12/Calmly-OODA.pdf)

3 – e.g. 1 Timothy 5:13