

My Technique To Help Monitor Your Speech

As we work to make our spirit-man the dominant component of our being, we deal with our soul, mind, attitudes and our heart so that they don't over-ride our spirit. One area that needs a lot of our self-control is how we speak.

Let me share a method I use to help with bringing my speech into alignment with Heaven. There are 7 components to this method:

1. Listen to the Spirit
2. Speak what the Spirit gives
3. Don't speak 'off the top of your head'¹
4. Wait before speaking
5. Listen in preference to speaking
6. Don't listen with the intent to reply
7. Control the conversation

(1) To properly represent the King, I need to speak what he wants me to speak. Therefore, I'm always checking with my spirit to see what Holy Spirit is wanting me to say or do during a conversation or talk.

(2) I'm always ready to speak whenever the Spirit wants to say directly through me. This is the most perfect utterance I can give and it's in alignment with Heaven.

(3) I don't talk without thinking first. I've found that when I do talk without thinking I can say the most ridiculous, regretful things.

(4) Before I open my mouth I often stop for a second or two and make sure that what I intend to speak is appropriate.

(5) Most people speak because they want to be heard and acknowledged. This is a subconscious action most of the time. My attitude is different: I only want to speak what Father wants me to speak.²

(6) Most of the time, while listening to someone else, people are already planning what they will say in response. This is always about self-promotion, so it's better to listen intently and wait 'til there is something appropriate to say.

(7) Don't let others control the conversation. They will usually drift into criticism, complaining, talking about their problems or whinging about their poor health. Speak positively and redirect any negative talk. This is more productive for the other person and safer for yourself.

DISCLAIMER: I'm not always successful in speaking correctly. I have to work at it all the time.

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16-12-2019

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1 – DEFINITION: "Without careful thought or investigation" (www.lexico.com/en/definition/off_the_top_of_one's_head)

2 – John 8:38