

# HOW I OVERCAME MY POTTY MOUTH

Part 1 of HOW I ... James 3 & 4. Ephesians 4.  
Peter Foxwell. Cornerstone Church. August 6, 2023.

## SERIES INTRODUCTION

### MY POTTY MOUTH

#### HOW TO OVERCOME A POTTY MOUTH

##### 1. Recognize that my words matter.

- Because controlling my tongue is a sign of spiritual maturity.

James 3:1-2 (ESV) 1 Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness. 2 For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect (mature) man, able also to bridle his whole body.

- Because words are powerful.

James 3:3-5 (ESV) 3 If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. 4 Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. 5 So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire!

- Because words have destructive potential and satanic intent.

James 3:6 (ESV) 6 And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell.

- What impact are my words making on the people around me?

## **2. Admit that controlling my words is impossible.**

- We can't control our words.

James 3:7 (ESV) For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison.

- The problem goes deeper than our words. Every word we speak flows from our hearts. Jesus said:

Matthew 12:34 (ESV) You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks.

- Our hearts are rebellious and prone to sin. We need God's heart surgery.

## **3. Reach out to God for life-changing grace.**

- James wrote his letter to wreck our self-confidence and turn us to God.
- God's grace forgives sins AND provides supernatural power to change.

James 4:6a (ESV) But he gives more grace.

- God gives us grace when we humble ourselves.

James 4:6b-7 (ESV) Therefore it says, "God opposes the proud but gives grace to the humble." 7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

- So ... turn from my sinful words and ask for help.

James 4:8-10 (ESV) Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. 9 Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will exalt you.

#### 4. Aim for excellent speech.

- Replace my potty mouth with something better - excellence.
- We are ambassadors of God. He speaks through us.

2 Corinthians 5:20 (ESV) Therefore, we are ambassadors for Christ, God making his appeal through us.

- Ephesians 4 helps us aim for excellence in speech.

Ephesians 4:29-31 (ESV) Let no corrupting talk (use of rotting fruit in Matthew 7, and rotten fish in Matthew 13) come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice..

- Excellent speech is positive, helpful, and loving. It represents God well.
- Therefore:
  - Think before speaking. Exercise self-control.
  - Use resources: Ephesians 4. Books - War of Words by Paul David Tripp. Videos: War of Words: Getting to the Heart for God's Sake by Paul David Tripp. [https://www.youtube.com/watch?v=pnAMp\\_mAYI8](https://www.youtube.com/watch?v=pnAMp_mAYI8)
  - Ask a friend for support and encouragement.
  - Aim to speak life, love, Jesus.

**LET'S HAVE A COME TO JESUS MOMENT**

# HOLY SPEECH

[www.paultripp.com/wednesdays-word/posts/never-have-i-ever-been-unholy](http://www.paultripp.com/wednesdays-word/posts/never-have-i-ever-been-unholy)

If you're anything like me, you haven't been able to go the last hour without saying something unholy! The Bible has much to say about holiness and our speech, for example: Luke 6:45. Our lips, and what flows from them, are constant evidence of the depravity of sin and why we deserve God's wrath. When Isaiah encountered God, he exclaimed: "Woe is me! For I am lost; for I am a man of unclean lips; ... for my eyes have seen the King, the Lord of hosts!"

Only when you stand before the majestic grandeur of God's holiness will you know who you are and what you need. Divine holiness, human identity, and spiritual need are all inextricably tied together. If, however, you do not place yourself before the glorious glory of God's holiness, you will see yourself as more righteous, wiser, and stronger than you are, ever were, or ever will be. You will live as if there is no God, and if there were, you wouldn't really need him anyway.

Do you want to honor God with your lips? Do you want to stumble less with what you say? Then place yourself under the light of the glory of the One who is utterly holy in every way, all of the time. And as you do, remember the rest of Isaiah's vision. It illustrates and reminds us of the atoning grace of Jesus.

"Then one of the seraphim flew to me, having in his hand a burning coal that he had taken with tongs from the altar. And he touched my mouth and said: "Behold, this has touched your lips; your guilt is taken away, and your sin atoned for" (Isaiah 6:6-7).

Until we get to the other side, you and I will never stop dishonoring God with our lips; we will continue to stumble with what we say. But we have not been left to our doom. We have been greeted in our moral disaster with the justifying mercies of the Savior and the cleansing coal of his atonement. Our guilt has been absolved!