

EDGE GOD IN

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Lesson 11 Title: How to Tame Your Tongue

Listen to Edge God In Podcast 11: How to Tame Your Tongue

Desired Learning Outcomes:

- Become aware of words that imprison you and those around you
- Learn a specific method to SHIFT negative thoughts into positive thoughts
- Explore your inner script and negative critic along with your ability to resurrect the mind of Christ.

The following lesson is taken from the up-and-coming book on identity theft due to launch in 2019: 25 Grab & Go Solutions to Renew Your Mind in Christ by Jennifer Chloupek and Lauren E Miller

Dear Lord I have the ability to set the entire course of my life on fire simply by a careless word fueled by a negative thought, conclusion or assumption about myself or another person. Forgive me Lord for allowing my tongue to direct the course of my life. Just like a small rudder on a boat, my tongue can run my entire ship into ruin. Override my negative thinking and words and remind my mind that in you I have the ability to speak LIFE into my inner dialogue and the lives of those entrusted to my care. Teach me how to tame my tongue so that every word that spills out of my mouth flows from your mind and heart. Help me to not let my tongue be the boss of me, I want to resurrect your power within me so that you become the boss of my thoughts and words. Fill my mind with all that is good, right, beautiful, excellent and praise worthy and make my words flow from this sanctuary of beauty.

Learn:

Abracadabra!

“Do not conform to this world but be transformed by the renewing of your mind.”

Romans 12:1-2

“We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to control his whole body. When we put bits into the mouths of the horses to make them obey us, we can guide the whole animal. Consider ships as well. Although

they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot is inclined.

In the same way, the tongue is a small part of the body, but it boasts of great things. Consider how small a spark sets a great forest ablaze. The tongue also is a fire, a world of wickedness among the parts of the body. It pollutes the whole person, sets the course of his life on fire, and is itself set on fire by hell.

All kinds of animals, birds, reptiles, and creatures of the sea are being tamed and have been tamed by man, but no man can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we bless our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come blessing and cursing. My brothers, this should not be! Can both fresh water and bitter water flow from the same spring? My brothers, can a fig tree grow olives, or a grapevine bear figs? Neither can a salt spring produce fresh water." James 3:2-12

Did you ever play make-believe as a child and use the word Abracadabra? It is actually an ancient Aramaic statement which is the practice of thinking and speaking positive thoughts which create and imprint a positive speech habit (SHIFT Leadership Training).

The Bible references the power of the tongue and its ability to set the life of man on fire. The fire fueled by the Holy Spirit for God's glory or a fire that will destroy your life and those around you depending upon the words you use. Good news is, you get to choose your words every day.

Reflect:

Today have high noticing around your inner voice: the words and phrases you choose to dwell on. Whatever you focus on grows BIGGER. If you want a lighter version of you then don't let your words be the BOSS of you.

Be the boss of the words you use to describe your life experience as well as what you believe about your ability to overcome verses being overcome by circumstance.

Speak LIFE into your inner thoughts. Give more authority to the strength of God within you than to your circumstance.

Observe and delete any of the following negative choice points and replace them with life giving words: kind, loving and supportive speech to yourself and others...invite the Holy Spirit to help you clean out your mind trash.

Negative word choices that shut down, restrict your life and result in a heavier version of you (mentally speaking):

Universal Quantifiers: Always, Never, No one, Nothing, Nobody, Everybody, Everything: these words create all or nothing thinking and will prevent the brain from tuning into a variety of available options needing for solution based thinking.

Modal Operators of Necessity: Have to, I need to, I should, I must, I can't...it's necessary: this type of thinking and speaking indicates a lack of choice and keep you stuck in mental muck.

As you expand your ability to explore and tune into several different options you will ignite solution-based thinking.

Words to Use that Benefit You: expand, explore, consider, trust, look into, ignite, curious, fascinating, tell me more.

Identify/Adjust:

Let's explore pulling simplicity into your life this week and creating a lighter version of you. I invite you for the next week to take a negative thought FAST. Negative interior scripts lead to exterior drama, heaviness and stress.

Explore fasting from the following *Lights Off* behavior below. In SHIFT Leadership Training we use the phrase: *Lights On* and *Lights Off*, to describe specific behavior that expands positive energy (Lights On) or retracts it (Lights Off). Energy is your capacity for action.

For example, trust is considered a *Lights On* response to life and is solution focused (boosts your energy). Fear is considered a *Lights Off* reactive response to life and is problem focused (drains your energy). Below are a few behaviors that result from “Lights Off” thinking patterns.

What do you think would SHIFT in your perspectives this week and your capacity for action if you intentionally fasted from negative thoughts which are often manifested in the following two behaviors?

Blaming:

Any time you blame yourself or another person take a step back from the situation and ask yourself what are you refusing to take responsibility for...it may come down to taking responsibility for your own sense of inner peace, joy and happiness.

Complaining:

Complaining of any kind creates an exchange of negative energy between you and yourself OR between you and another person, resulting in shrinking your brain and blocking your ability to tune into available resources. Think about the last time you complained about something to someone or someone complained to you. Did you feel drained or energized after the experience?

Popular thoughts that usually fuel the above behaviors are: Nothing ever works out for me; I never get an opportunity to shine; Nobody ever listens to me. These words flow from identity theft. Did you forget you do not belong to the world? Do not touch, do not taste. Christ died and rose again to win you over to life.

Integrate/Act:

Spring clean the negative, heavy scripts you have been using and write a script that reflects simplicity and a lighter version of you in Christ as discussed in the lesson: *Reboot Your Identity with 1 Question*.

Erase one negative thought at a time and replace it with a positive thought. For example:

- **Erase:** *"I am feeling some fear around giving this presentation to the board."*
- **Replace:** *"I trust in the Lord with all my heart that I have the God given ability to speak easily and naturally the information contained within the proposal to the board. I have successfully moved through challenging presentations before and I believe I will do it again. The Lord is my confidence, all things are possible."*

By your thoughts you form your words, by your words you form your conclusions, by your conclusions you form your perceptions and by your perceptions you give birth to your attitude.

Your attitude is your closest friend or worst enemy. Is life for you? (light and simple) or against you? (heavy and complex). The choice is yours and makes all the difference in the outcomes you experience today.

My 1 Thing I will focus on this week to Edge God In:

Dear Lord, help me to remember the power of my words to build up and edify or to tear down and destroy. Sift my inner self talk and erase the words that are fueling death and destruction in my life. One ugly word repeated over time has the power to burn down a forest that took years to grow. Wake me up to the connection between my identity in you and the words I use towards myself and those around me. Help me to master my inner self talk and erase those familiar statements that suck the life right out of me. Replace the space they occupied with words that ignite healthy growth and life in you. You are the master landscaper of my mind. Make it a beautiful garden that is safe to

linger and refresh my soul. Pull out the weeds of negative self-talk and words that imprison me and those around me. I am willing this week to be bumped by you just before a destructive word is about to spill out of my mouth. Weed out all gossip and judging speech, all ugly talk and negative behavior that goes along with it. Just as Joseph ran from another man's wife so as to avoid sin, help me to cover my mouth and run into another room when I feel that a misplaced ugly word, usually fueled by my need to be right, liked, understood, seen, acknowledged or recognized comes slithering out of my mouth. I want to speak life into each moment and carry life through my words to those entrusted to my care.

Surround yourself with people who make you a better person in life