



## STOPPING THE FIRE

*The tongue can bring death or life; those who love to talk will reap the consequences. Proverbs 18:21 (NLT)*

*And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire... James 3:6 (NLT)*

**How to use WORDS to bring peace to a relationship that's on fire**

**1. Intentionally choose to dissipate the heat.**

*Fools vent their anger, but the wise quietly hold it back.  
Proverbs 29:11 (NLT)*

*A gentle answer turns away wrath, but a harsh word stirs up anger.  
Proverbs 15:1 (NIV)*

**2. Intentionally choose to shut off the fuel.**

**Gossip** - casual or unconstrained conversation or reports about other people, typically involving details that are not confirmed as being true.

*A gossip goes around telling **secrets**, so don't hang around with chatterers. Proverbs 20:19 (NLT)*

**Slander** - to intentional, and directly, tell an untruth about someone to harm their reputation.

*You shall not bear false witness against your neighbor.*

**Exodus 20:16 (ESV)**

**Flattery** - insincere praise, especially that given to further one's own interests.

*Bread gained by deceit is sweet to a man, but afterward his mouth will be full of gravel.* **Proverbs 20:17 (ESV)**

### **Dirty discourse**

*Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God.* **Ephesians 5:4 (NLT)**

*Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.* **Ephesians 4:29 (NLT)**

### **3. Intentionally choose to speak living water on the situation.**

*Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you.* **Ephesians 4:29 (GNT)**

Going deeper on your own: Firefighters are trained regarding the three elements of a fire - heat, fuel, and oxygen. They are trained in these elements so that when coming upon a fire they know what to remove to extinguish the fire. Can you see similarities to fighting fires and how we use our words? Now review this week's message notes. How can you use them to prepare for when fires begin to break out in our relationships? Look up Colossians 4:6 and write it out on a piece of paper or note card and post it in a place where you can see it every morning. Leave it there for 30 days. Memorize it and pray each day that God will help you use it throughout that day.