

Check up from the Neck up

21 day Challenge: Don't complain for 21 days

Proverbs 18:21 Death and life *are* in the power of the tongue, and those who love it will eat its fruit.

Speak:

Solutions

Possibilities

Praise, thanksgiving

Scriptures (speak the word only)

Some people don't realize how negative they are. Negative attracts negative people

Philosophy, opinions, attitudes = strongholds

Do an inventory:

- Example: Listened to one of my sermons
- Listened to a negative friend, everything was negative, and they wanted everyone to sympathize with them.

Psalm 34:13 Keep your tongue from evil, and your lips from speaking deceit.

Psalm 141:3 Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.

Proverbs 4:23 Keep your heart with all diligence, for out of it *spring* the issues of life.

Matthew 15:10–11 When He had called the multitude to *Himself*, He said to them, "Hear and understand: ¹¹ Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man."

Hebrews 12:14–15 Pursue peace with all *people*, and holiness, without which no one will see the Lord: ¹⁵ looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

James 1:26 If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless.

Your tongue will determine where you are going to go: (James 3:1-12)

- Some people are ruled by emotion, circumstances. I know people who are angry all of the time (or it seems like it!)
- "I don't know what to do"
- I am going through the wilderness to get to the other side