

# MY BIG MOUTH: Too Much Talking

Sunday, March 30, 2014

James 3:2-6. *“Anyone who is never at fault in what they say is perfect, able to keep their whole body in check. <sup>3</sup> When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. <sup>4</sup> Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. <sup>5</sup> Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. <sup>6</sup> The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one’s life on fire, and is itself set on fire by hell.”*

The tongue is such a powerful force in our lives. Whether we’re using our tongues for good or for evil, it has amazing impact.

Let’s pray: May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer. Psalm 19:14

A man was climbing a mountain with some friends when he fell and slid into a deep crevice. His friends hurried to his rescue and threw a rope down to him. “Grab the rope and we’ll pull you out!”

“I can’t,” came the reply, “my arms are broken.”

“Well, wrap our legs around it then, and we’ll pull you up!”

“I can’t do that, either,” he called, “both legs are broken, too!”

“Uhhh . . . well, grip it with your teeth and we’ll haul you up very carefully.”

So he did. And they began to pull him up slowly. A few moments later, one of the friends called down to their broken friend, “How are you doing, buddy?”

All they heard was, “Okay . . . uh-oh!” (1002 Humorous Illustrations, #841).

Sometimes, it’s very important to keep your mouth shut.

First Grade experience with Danny Schmicker and Mrs. Oechsle. Forever scarred by that fateful day in 1976.

World-record phone conversation? Seventy-two hours.  
Longest speech? 124 hours  
130 hour lecture by a professor.  
How about a 144-hour sermon? Six solid days of preaching.

I learned it this way: “Where words are many, sin is not absent.”

Proverbs 10:19-21. Sin is not ended by multiplying words, but the prudent hold their tongues. <sup>20</sup> The tongue of the righteous is choice silver, but the heart of the wicked is of little value. <sup>21</sup> The lips of the righteous nourish many, but fools die for lack of sense.

A gossip betrays a confidence; so avoid anyone who talks too much.  
Proverbs 20:19.

<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.” James 1:19

Matthew 12:34b-37. “For the mouth speaks what the heart is full of.  
<sup>35</sup> A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him. <sup>36</sup> But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. <sup>37</sup> For by your words you will be acquitted, and by your words you will be condemned.”

Proverbs 13:3 . Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.

Proverbs 12:18. The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Proverbs 17:28. “Even fools are thought wise if they keep silent, and discerning if they hold their tongues.”

Proverbs 21:23. Those who guard their mouths and their tongues keep themselves from calamity.

Proverbs 29:20. Do you see someone who speaks in haste? There is more hope for a fool than for them.

Ecclesiastes 5:2. Do not be quick with your mouth; do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.

Ecclesiastes 9:17. The quiet words of the wise are more to be heeded than the shouts of a ruler of fools.

### **Signs You're Talking Too Much**

Lack of eye contact

Sighs and groans

Eye-rolling

Finger drumming or tapping

"Are you through yet?"

Leaving the room.

Snoring.

A young man took his car into the shop and told the mechanic, "Something's wrong—I don't have any lights."

The mechanic suggested, "The battery is probably dead."

"No," the young man explained, "It can't be the battery because the horn still blows."

The mechanic replied, "It could still be the battery, because it takes more power to give light than it does to blow a horn."

It's easier to make noise than it is to bring light. It's easier to say than to do. Interesting point? (1002 Humorous Illustrations, #840.)

Why might someone talk so much?

They are afraid of what they will feel, so they just keep talking. If they stop, they will know what they are feeling.

Some people keep talking because they think they are the most interesting person that they know.

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Talking less, listening more.

1. Make a conscious effort to listen more and talk less. "Never miss an opportunity to shut up." Will Rogers
  - a. Ask open-ended questions
  - b. Don't interrupt. Wait your turn.
  - c. Ask lots of questions.
2. Don't fill "dead air." Silence is okay. Rest and relax in the pauses.
3. Don't give all the information you know about a topic in a conversation. Trivial facts can make conversation feel like lecture.
4. Remember that conversation is a volley back and forth. It takes two to communicate—a speaker and a listener.

5. Slow down. Take time to speak and time to listen. “Talk low, talk slow, and don’t say too much.” John Wayne
6. Stop interrupting people. LISTEN without injecting yourself into the conversation.
7. Figure out why you have so much to say. Is there a cause-and-effect relationship in your history? Lonely? Over-caffeinated?
8. Learn to express yourself better. With fewer words. OMIT needless words!
9. Fix the problem! Do it!

Psalm 141:3. Set a guard over my mouth, Lord; keep watch over the door of my lips.