Important first thoughts: Our communication, what we say and how we say, it is very important to God - Matthew 12:36–37 - I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned."

The _______________ regarding my communication

Ephesians 4:29a - Let no corrupting talk come out of your mouths, but only such as is good for building up......

Before opening my mouth or pressing send/post:
1. I must re-evaluate my communication so that it doesn’t _________

Proverbs 12:18 - There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

2. I must re-evaluate my communication so that it _______________

Proverbs 16:1 - The plans of the heart belong to man, but the answer of the tongue is from the L ORD.

The _______________ regarding my communication

Ephesians 4:29b - .........as fits the occasion.....

Before opening my mouth or pressing send/post:
1. To be strategic requires that I have _________________

James 1:19 - Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.....

2. To be strategic requires that I have _______________

Proverbs 15:28 - The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

The _______________ regarding my communication

Ephesians 4:29c - ......that it may give grace to those who hear......

Before opening my mouth or pressing send/post:
1. I must recognize the _______________ of my communication

Colossians 4:6 - Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

2. I must recognize the _________________ of my communication

Proverbs 16:23–24 - The heart of the wise makes his speech judicious and adds persuasiveness to his lips. Gracious words are like a honeycomb, sweetness to the soul and health to the body.

The _______________ regarding my communication

Ephesians 4:30 - And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Before opening my mouth or pressing send/post:
1. I must be aware of the ___________ with grieving the Holy Spirit

Galatians 5:16 - But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

2. I must be aware of the _____________ of grieving the Holy Spirit
**Galatians 5:17** - For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

The _______________ regarding my communication

**Ephesians 4:31–32** - Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

**Before opening my mouth or pressing send/post:**

1. I must regularly ___________ my heart for the evils of the flesh

**James 3:14–16** - But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. 15 This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic. 16 For where jealousy and selfish ambition exist, there will be disorder and every vile practice.

2. I must regularly _______ my heart with the fruits of righteousness

**James 3:17–18** - But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. 18 And a harvest of righteousness is sown in peace by those who make peace.

Today’s Takeaways