



Set a guard, O Lord, over my mouth; keep watch over the door of my lips.

Psalm 141:3 (NKJV)

On average, a person will open his mouth around 700 times a day to speak. Words can cut and destroy. To have self control, one must learn to watch what one says. To think before one speaks. Sometimes, when one opens their mouth, a volatile situation can become explosive. Keep your self control and keep your mouth shut. You're in good company. Jesus kept silent while he was being persecuted (Matthew 26:63). Knowing the power of the tongue is the first step to self control.