

BE F.I.T. IN YOUR WORDS

Ephesians 4:29

Big Idea: The power of **Life** & **Death** is in the **Tongue**. (Proverbs 18:21)

I. **Guard** Your **Heart**. (Luke 6:45)

SOURCE – Where words come from.

- Your tongue **releases** what your soul **rehearses**.
- **Pressure** makes your **real** language come out.

II. **Control** Your **Tongue**. (James 3:3-12)

DANGER – Your words can destroy.

- The tongue is **small** – But the **damage** isn't.
- Your tongue can **spark fires** that apologies cannot **extinguish**.

III. Use Your Words to **Build, Not Burn.** (Eph. 4:17-29)

DESIGN – What God intended words to do.

- Your words should make people want to get **closer** to Jesus, not **farther**.
- You cannot **change** what you will not **own!**

Flourish | Pastor Michael Johnson | May 23-24, 2026

Sermons, books, and other resources available at LiftUpJesus.com