

Hot Mic

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Key Points:

- The mic is on! God hears and holds you accountable for every word you speak or write or text.
- Empty words go somewhere. Whether you meant them or not, there's no way of taking them back.
- There is victory in using restraint to filter what you say or don't say.
- Our speech needs to be completely pure; there is no place for profanity or obscenity.
- Pay attention to the words that are entering your mind through media.
- Muttering is privately processing--be careful with it!
- Murmuring is complaining to build a critical coalition--turn it off!
- Our words should show that we are Christians: full of joy, hope, peace, and love!

Main Scripture Reference(s):

- Matt. 12:33-37; Proverbs 17:27-28; Proverbs 4:24; Ephesians 4:29; Proverbs 15:1; Ephesians 4:26; Proverbs 18:8; 3 John 1:9-10; Ecclesiastes 7:21-22; Proverbs 25:23; Psalm 19:14

Discussion Questions:

1. What does Jesus mean by "empty words"? As you think about your recent or habitual comments and conversations, is the Holy Spirit drawing your attention to any words or topics that are "empty"? How have these words negatively impacted you and the people around you? Ask the Holy Spirit to help you think and catch these words before they come out of your mouth (or fingers).
2. Think about and assess your media choices. What music, shows, movies, magazines, books, podcasts, etc. are you consuming? How are they influencing your heart and the words that, in turn, come out of your heart?
3. A negative message repeated twice becomes more valid than a strong positive message. What proportion of your speech is critical versus encouraging? Ask the Holy Spirit to show you specific people who may have been discouraged and wounded by your words, and to show you how to restore those relationships.
4. What is the difference between muttering and murmuring? Consider the words you say to yourself and to others when you are frustrated or in disagreement. Is the Holy Spirit asking you to repent of any private processing that has turned into unhealthy muttering or venting to build a negative coalition? What do you need to do to make things right in the situations that were impacted by your murmuring?