> If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal.
> — *1 Corinthians 13:1*

Book: New Testament / 1 Corinthians
Topics: speaking, Angels, love

Interpretation:
Love is one of the most recurring themes in the Bible, and in *1 Corinthians 13:1, the apostle Paul* tells us how important and relevant it is. In this verse, the author reminds us that any of our abilities, no matter how impressive, are useless if we do not have love.

What does this verse mean?

The meaning of *1 Corinthians 13:1* is clear: a lack of love makes any of our actions, even the good ones, useless. It is a call to consider the reasons behind our actions and to ask ourselves if we are acting out of love. Paul is not only referring to romantic love, but also the love between friends, siblings, and all the forms of love we can experience as human beings.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Dear children, let us not love with words or speech but with actions and in truth.
> — *1 John 3:18*

Book: New Testament / 1 John
Topics: speaking, honesty, truth

Interpretation:

In *1 John 3:18, the apostle John* calls us to love with actions and truth, not just words or tongues. This verse shows us the need for our actions to speak louder than our words and that we must be sincere in everything we do and say, especially when it comes to loving others.

Why is it important to love with actions?

Loving with actions is important because it is a way for us to demonstrate our commitment to others. It may be easy to say, “I love you” or “I care about you,” but if our actions do not reflect these words, then our love is not real.

Real love is demonstrated through our actions and attitude toward others. Moreover, when we love with actions, our words become more powerful and meaningful.

Why is it important to love with authenticity?

Loving with authenticity is important because it reflects a sincere and genuine attitude toward others. It means being honest and open in everything we do and say.

When we love truly, we are not only being true to ourselves and others, but we are also showing respect and consideration for others. Loving truly allows us to form deeper and more meaningful relationships with others.

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> Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.
> *— 1 Peter 3:9*

Book: New Testament / 1 Peter
Topics: speaking, blessing, calling

Interpretation:
Have you noticed that the theme of love is a recurring theme in *Peter's* letters? Not just God's love for us, but our love for others. Peter had to learn this lesson himself, and he had a hard time learning it! How patient *Jesus* was with him! As the whole law is summed up in love, so all human relationships are conducted in love. This applies to every believer and every aspect of life.

A famous physician made a list of the various emotions that cause illness in humans, such as fear, disappointment, anger, resentment, hatred, envy, and jealousy. The doctor said that the only antidote that can save people from destruction against these powerful forces is LOVE.

What is Christian love? It is keeping silent when your words can hurt. It is patience when your neighbor is rude. When a scandal breaks out, he remains deaf. It is consideration for the problems of others. And it is courage when disaster strikes. This admonition must have meant a lot to Peter himself, because he once tried to fight the enemies *of Christ* with a SWORD.

Before his conversion, another Apostle *Paul* used every means possible to oppose Christianity. But when he gave himself to Christ, Paul never used HUMAN WEAPONS to fight God's battles. When Peter and the apostles were persecuted, they relied on prayer and the power of God, not on their own wisdom or strength.

We must act with mercy, because that is how God treats us.

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> For prophecy never had its origin in the human will, but prophets, though human, spoke from God as they were carried along by the Holy Spirit.
> *— 2 Peter 1:21*

Book: New Testament / 2 Peter
Topics: speaking, Holy Spirit, prophecy, Spirit

Interpretation:
2 Peter 1:21 is an important reminder of the divine nature of Bible prophecy. Often people may mistakenly assume that the Bible writers were simply creating stories and messages to suit their own interests. However, this verse ensures that we understand that prophecy comes from God and that the writers were guided by the Holy Spirit in their writings.

Prophecy is a recurring theme in the *Bible*, and the *Old Testament* in particular contains many examples of prophets delivering messages from God. These messages are not simply predictions of the future, but rather statements of God’s will for His people at that time.

The Holy Spirit often accomplishes His will through prophecy. For example, in *Exodus 3:7-10*, God gives Moses a task, commissioning him to free the Israelites from slavery in Egypt. This task is not simply a prediction, but a command from God.

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> They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.
> *— Acts 2:3-4*

Book: New Testament / Acts
Topics: speaking, Holy Spirit, pentecost, Spirit

Interpretation:
Acts 2:3-4 is one of the most exciting passages in the entire Bible. It is at this point in Christian history that the *Holy Spirit* descends upon *Jesus' disciples* in the form of tongues of fire. It is not hard to imagine the excitement and joy that the disciples must have felt at that moment.

What does the term "tongues of fire" mean?

When we read about the tongues of fire falling upon the disciples, it is important to understand that this was a symbol. A symbol of the Holy Spirit falling upon them. In the Bible, fire is a symbol of the presence of God.

The Bible describes God as a *"consuming fire"* and a *"refining fire."* In this sense, the tongues of fire falling upon the disciples symbolize the purification and presence of God in their lives.

The experience of speaking in other tongues

Throughout the Bible, we see the disciples speaking in different languages, which allowed people to understand the message and believe in the work of Jesus. This experience is known as the *"gift of tongues,"* and it is one of the manifestations of the Holy Spirit.

It is important to note that speaking in tongues is not a sign that someone is a better or more spiritual Christian than other Christians. It is simply one of the ways the Holy Spirit manifests in people's lives.

Some people may receive the gift of tongues, while others may receive other gifts.

The indwelling presence of the Holy Spirit

One of the greatest gifts given to us as Christians is the indwelling presence of the Holy Spirit in our lives. He is always there to help, guide, and support us in all the circumstances of our lives. He also gives us the power to live victoriously and have a close relationship with God.

When we are filled with the Holy Spirit, we can live a deeper, more meaningful life. We can be strengthened in times of weakness and receive guidance in difficult times. We can also gain greater clarity in our lives and knowledge of God's will.

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> I fell to the ground and heard a voice say to me, 'Saul! Saul! Why do you persecute me?'
> *— Acts 22:7*

Book: New Testament / Acts
Topics: speaking, miracles, persecution

Interpretation:
Acts 22:7 is a verse of great importance in the book *of Acts* written by *Saint Luke*. This section of the Bible tells the story of the rise and development of the early Christian church, and also tells the story of the *Apostle Paul*, which is reflected in this verse.

In this chapter, Paul is in Jerusalem and is arrested due to a misunderstanding of his biblical teaching. The Apostle addresses an angry crowd and tells of his encounter with a divine voice while he was on his way to Damascus to persecute Christians.

The importance of the divine voice

The phrase *"Saul! Saul! Why do you persecute me?"* is a clear and compelling example of the divine power of God. This voice comes at a pivotal moment in the life of Saul (Paul), who later becomes one of the most important apostles of Christianity. Thus, this fact shows us the importance of listening to God, as His voice can be a sign of His will or His call to us to do important things in life.

In a similar way, this verse also shows us the mercy and love of God who chooses to directly intervene in Saul’s life in a special way. In this sense, we can reflect on how God can also call us in a special way and how important it is to pay attention to these divine signs.

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> After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.
> — *Acts 4:31*

Book: New Testament / Acts
Topics: speaking, Holy Spirit, miracles, pentecost, Prayer

Interpretation:
Acts 4:31 shows us a significant event that occurred in the history of the early church: after praying together, *the Holy Spirit* fell on the believers, and they went forth filled with courage to preach the gospel boldly.

The importance of prayer in our lives

Prayer is direct communication between us and God, and it is a powerful tool for strengthening our relationship with Him. When we pray, we can ask for our own and others’ needs, give thanks for blessings, and seek comfort and guidance in times of uncertainty.

But the power of prayer is multiplied when it is done in a group. When we unite in prayer with other brothers and sisters in the faith, our prayers strengthen one another. Praying together can make a huge difference in our spiritual growth and our ability to witness for Christ in the world.

The work of the Holy Spirit

After praying together, the believers in *Acts 4:31* were filled with the Holy Spirit and spoke the Word of God boldly. This is a clear demonstration of the power that the Holy Spirit's work has in our lives when we submit to Him and seek His guidance.

The Holy Spirit not only gives us courage to share our faith, but also guides us in our daily lives, comforts us in times of pain, gives us wisdom to make important decisions, and gives us strength to

overcome temptation.

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> And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.
> *— Colossians 3:17*

Book: New Testament / Colossians
Topics: speaking, following, gratitude, work

Interpretation:
Colossians 3:17 is a call to live a life in which all our actions, both words and deeds, are done in the name of *the Lord Jesus*. It is an expression of love and respect for *our Creator* and a way of expressing our gratitude to *God the Father* for all He has given us.

In this verse, *Paul*, the writer of Colossians, reminds us that we should not limit our worship and service to God to our religious acts or specific moments, but that everything we do in our daily lives should be aimed at glorifying God. Our whole life is an opportunity to show our love for *Him and His Son Jesus*.

The phrase *“in the name of the Lord Jesus”* means that our actions should be consistent with the values ??and teachings of Jesus and reflect His loving and compassionate character. By living this way, we fulfill the commandment to love God and our neighbor, a fundamental principle of the Christian faith.

This verse also encourages us to be grateful and thank God the Father through Jesus. Gratitude is an attitude that we should cultivate in all areas of our lives. Gratitude helps us stay positive during difficult times and allows us to find joy in the blessings we receive each day.

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> Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.
> — *Colossians 4:5-6*

Book: New Testament / Colossians
Topics: speaking, gentleness, wisdom

Interpretation:
The Bible passage in *Colossians 4:5-6* calls us to act wisely toward those outside our fellowship of believers and to make the most of our time. These verses are a call to Christians to act wisely and prudently in our relationships with people outside the church.

What does it mean to “act prudently”?

To “act prudently” means to act wisely, always striving to act wisely and with consideration for others. Here, we are called to apply this principle in our relationships with unbelievers so that we can be effective witnesses of God’s love and grace in their lives.

Use your time wisely

We are also told to use our time well in our relationships with outsiders. This means recognizing that each day is important and that each moment we spend with unbelievers is a unique opportunity to show them *the love of Jesus*.

At the time this letter was written, time was a very valuable resource, especially for travelers and missionaries who had little time to spend with new people. Today, the importance of time remains just as relevant in our interpersonal relationships and in our evangelistic mission.

With grace seasoned with salt

Grace is a fundamental concept in the Christian faith. It means that we receive what we do not deserve and that it is a gift from God. In these verses, grace refers to how we speak to others. Our words should be kind, respectful, and loving, even when we are faced with difficult situations.

On the other hand, salt is associated with wisdom in the Bible. In *Jesus’* time, salt was used not only to flavor food, but also as a preservative. This suggests that our words should be wise and helpful in preserving our interpersonal relationships.

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> You may say to yourselves, “How can we know when a message has not been spoken by the Lord?” If what a prophet proclaims in the name of the Lord does not take place or come true, that is a message the Lord has not spoken. That prophet has spoken presumptuously, so do not be alarmed.
> *— Deuteronomy 18:21-22*

Book: Old Testament / Deuteronomy
Topics: speaking, prophecy, truth

Interpretation:
These verses are found in the context of the book of Deuteronomy, the cycle of sermons preached *by Moses* before entering the Promised Land. In this section of Scripture, Moses speaks of the importance of distinguishing a true prophet, anointed by God, from a false prophet. Moses warns that some prophets may speak in the name of other gods, but a true prophet of God must speak only what God has revealed to him.

The importance of distinguishing a true prophet

It is crucial to recognize a true prophet of God, as the Bible teaches us that there are false prophets who seek to deceive believers and lead them astray. Furthermore, in *Matthew 7:15-16*, *Jesus* warns us: *"Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves. By their fruit you will recognize them."* Therefore, it is crucial that we remain vigilant and sharpen our spiritual senses to distinguish messages that come from God from those that do not.

How to recognize the true Word of God

Deuteronomy 18:22 says, *"If what a prophet proclaims in the name of the Lord does not take place or come true, that is a message the Lord has not spoken."* This means that the true *Word of God* will come to pass. However, it should be remembered that the fulfillment of some prophetic events may take time. Moreover, there are certain types of prophecies that are not intended for everyone, but for a specific time or place.

Why is preaching important?

Preaching is important in the Christian religion because it enables God's messages to be conveyed and reached as many people in the congregation as possible. Preachers must be careful in their preaching and should be instructed not to distort the original message of the Bible. However, there is a risk that some preachers distort the Word of God in order to attract more people to their churches.

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> Words from the mouth of the wise are gracious, but fools are consumed by their own lips.
> *— Ecclesiastes 10:12*

Book: Old Testament / Ecclesiastes
Topics: speaking, wisdom

Interpretation:
This Bible verse teaches us the importance of being careful with our words and how our words can have a negative impact on our lives if we do not use them wisely. In this passage, the author tells us that the words of a wise person are full of grace. Wisdom is very important in our lives because it allows us to make smart decisions and use words wisely, which can lead to a calmer and more peaceful life.

On the other hand, the author also tells us about the mouth of a fool and how they can cause their own destruction. Folly is the opposite of wisdom, and when we speak without thinking about the consequences, we can end up in problems that could have been avoided.

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> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

> — *Ephesians 4:29*

Book: New Testament / Ephesians
Topics: speaking, goodness, gossip

Interpretation:
In *Ephesians 4:29, the Apostle Paul* reminds us of the importance of controlling our words and speaking only those that build up and bring grace to others. This verse is a call to be careful about what we say and how we say it, because our words have great power.

Why is it important to be careful about our words?

Our words can build up or destroy, bless or curse, heal or hurt. That is why it is so important to pay attention to what we say and how we say it. An unfortunate comment can cause great harm to someone, even if that was not our intention.

Moreover, our words also reveal a lot about our character. If we are people who speak compassionately and constructively, we demonstrate an attitude of love and service to others. On the other hand, if our manner of speech is negative or hurtful, it reflects a heart full of resentment and bitterness.

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> Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret.
> — *Ephesians 5:11-12*

Book: New Testament / Ephesians
Topics: speaking, Fruitfulness, idols, sin

Interpretation:
Ephesians 5:11-12 calls us to not participate in or engage in any actions or behaviors that are not pleasing to God, and instead to take steps to eradicate such behaviors.

What are unfruitful works of darkness?

“Unfruitful works of darkness” are all actions and behaviors that are contrary to God’s commands. They are those actions that do not produce any good or positive fruit, but instead create chaos, pain, and suffering in our lives and the lives of others.

How can we rebuke unfruitful works of darkness?

Rebuking evil actions involves much more than simply turning away from them. It is important to point them out and confront them in order to help those who engage in them or to protect ourselves and others from their negative influence.

The most effective way to rebuke these actions is to live a life that is consistent with God’s values ?? and commands. Moreover, whenever it is necessary to stand up for others and set the necessary limits to prevent harmful actions from occurring, this is of utmost importance.

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> And God said, “Let there be light,” and there was light.
>
> *— Genesis 1:3*

Book: Old Testament / Genesis
Topics: speaking, creation, Light

Interpretation:
Genesis 1:3 is an important verse in the Bible, marking the beginning of creation according to the biblical narrative. According to this verse, God spoke and created light. This event was the first act of God's creation, demonstrating the profound importance of light in the Bible and in our lives.

The importance of light in the Bible

Light is a metaphor for God and His divine presence in the Bible. Light is a symbol of truth, representing God's justice, wisdom, joy, and love. In the New Testament, *Jesus* also calls *Himself the Light of the World*. Furthermore, the Bible tells us of the struggle between light and darkness. Darkness symbolizes sin and evil, and light symbolizes truth and goodness. In *Ephesians 5:8*, *Paul* calls us to live as children of light, shunning the unfruitful works of darkness.

The creation of light and Its importance in our lives

The fact that God created light testifies to His power and sovereignty. He also reminds us that without light, life would be impossible. Light is essential for clear vision and for the thriving of nature. In a spiritual analogy, light can symbolize the path to salvation and to God. When we walk in the light, we are on the right path and fill our hearts with the truth and joy that come from God. Conversely, when we walk in darkness, we become increasingly distant from God and others.

We must remember that light is not only a physical but also a spiritual phenomenon. Just as light guides us in the darkness, God's presence in our lives guides us, illuminates us, and gives us the truth we need to make wise decisions. When we allow God's light into our lives, He transforms us and leads us on the right path.

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> In that day you will say: “Give praise to the Lord, proclaim his name; make known among the nations what he has done, and proclaim that his name is exalted.”
>
> — *Isaiah 12:4*

Book: Old Testament / Isaiah
Topics: speaking, Evangelism, praise, worship

Interpretation:
Isaiah 12:4 calls us to remember the importance of praising and worshiping God. In this verse, the prophet *Isaiah* reminds us of the need to acknowledge God's works and continually glorify His name.

The call to "sing to the Lord" in this verse is a call to praise God with our voices and hearts. Conversely, glorifying His name encourages us to acknowledge God's sovereignty and power over our lives and the universe as a whole.

Celebrating divine deeds

The second part of the verse calls us to "declare His works among the nations." That is, we should share the wonders and goodness God has wrought in our lives and in the world. Praise and gratitude to God should be shared with society to strengthen faith and love for Him.

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> So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.
> — *Isaiah 55:11*

Book: Old Testament / Isaiah
Topics: speaking, Fruitfulness, reliability, Word of God

Interpretation:
Isaiah 55:11 is a promise from God about His Word. In this verse, God promises that His word will not return void, but will fulfill its purpose. God says that every word that comes out of His mouth has a purpose and function, and that word will not return to Him without fulfilling that purpose.

God's word is powerful and effective, and this promise assures us that we can always trust His word to fulfill its purpose.

How can this verse help us?

This verse can be a source of comfort and hope for those who are going through difficult times in their lives. Knowing that God's word will not return void means that we are never alone.

No matter what our situation, we can be confident that God has a plan and purpose for us. If we trust Him and His word, we can be confident that He will guide us and help us overcome any problem or difficulty.

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> Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"
> — *Isaiah 6:8*

Book: Old Testament / Isaiah
Topics: speaking, Evangelism, prophecy

Interpretation:
Isaiah 6:8 is God's call to one of His servants to volunteer as His messenger. Seeing God seated on the heavenly throne, *Isaiah* was overcome by his own wickedness, but then he heard God's voice asking who would agree to carry His message to the world.

Isaiah quickly responded, "Here am I! Send me." This verse is powerful in its simplicity and offers several ideas for how we can respond to God's call in our lives.

God calls us to be His messengers

One of the most important lessons we can learn from *Isaiah 6:8* is that God calls us all to be His messengers. While not all of us possess prophetic abilities like Isaiah, each of us can play a role in God's mission.

Whether we are church leaders, social workers, Sunday school teachers, parents, or simply churchgoers, we can all carry God's message to our world.

Accepting God's call isn't always easy

Unfortunately, accepting God's call isn't always easy, especially if we feel unfit for the task. Isaiah was overwhelmed by his own impurity and needed purification before he could accept God's call.

Similarly, many of us feel overwhelmed by our own shortcomings and imperfections. However, God loves us just as we are and will provide us with everything we need for His work.

The Importance of Obedience

Isaiah responded to God's call with the words, "Send me." His response demonstrates the importance of obedience to God's will. When God calls us, we must not resist or make excuses, but must be willing to voluntarily dedicate ourselves to His work. Obedience isn't always easy, but if we want to be faithful servants of God, we must be willing to do His will.

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> 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*

Book: New Testament / James
Topics: speaking, anger, listening, self-control

Interpretation:
The book of James is one of the most practical and applicable texts in the entire Bible. In it, the author gives us very useful advice for our daily lives, helping us to be better people and honor God in everything we do. In this sense, the verse we are discussing is especially important, as it speaks of the need to be patient and prudent in our words and actions.

Quick to listen

The first piece of advice this verse gives us is to be “quick to listen.” This means that we should be willing to listen to others and pay attention to what they say. In an increasingly polarized world, where we often limit ourselves to listening only to what already confirms our beliefs, this advice is more relevant than ever. We must learn to listen with empathy and be open to the ideas of others, even if we do not always agree with them.

Slow to speak

The second piece of advice this verse gives us is to be “slow to speak.” This means that we should think carefully before we speak, rather than just speaking for the sake of it. Often our words can hurt others, even if we don’t mean to. We should take the time to think about what we want to say and choose our words carefully. By doing so, we will show respect for others and avoid unnecessary conflict.

Slow to become angry

The third and final piece of advice this verse gives us is to be “Slow to become angry.” This means that we should control our emotions and avoid impulsive reactions to difficult situations. When we allow anger to get the better of us, we lose the ability to think clearly and may say or do things that we will later regret. Therefore, we must learn to control our anger and respond to conflicts calmly and peacefully.

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translating the language. *Matthew 7:7-8*

> Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.
> — *James 1:26*

Book: New Testament / James
Topics: speaking

Interpretation:
In *James 1:26* we are warned about the power and impact of our words. The apostle *James* tells us that if someone thinks they are religious but does not control their tongue, their religion is empty and in vain. By this he means that religion cannot be something external, something we do only in the temple or on a certain day, but it must be present in all our actions and all our words.

What does it mean to “bridle your tongue”?

James says that those who consider themselves religious must control what they say and how they say it. This means not only avoiding lying, but also avoiding words that could hurt others. When we do not control our lips, we risk hurting others and showing a lack of respect and love for them.

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> Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.
> — *James 3:10*

Book: New Testament / James
Topics: speaking, blessing, praise, sin, worship

Interpretation:
James 3:10 tells us about the importance of controlling our words. This simple verse sums up the importance of watching how we speak, because our words can do both good and harm.

The power of our words

Words have incredible power. They can build or destroy, they can encourage or discourage, they can heal or hurt. As humans, we have the ability to choose what to say and how to say it. But often we are tempted to speak without thinking and to say things we shouldn't. This verse reminds us not to let curses come out of our mouths, but to always seek to bless with our words.

The accountability of our words

As Christians, we are called to show love and compassion in everything we do, even in our words. We must be careful what comes out of our mouths, because our words can have a lasting impact on the lives of others. If we speak negatively and hurtfully, we can hurt our friends, family, and coworkers. On the other hand, if we speak with love and compassion, we can be a source of encouragement and support for those around us.

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> We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.
> *— James 3:2*

Book: New Testament / James
Topics: speaking, Blameless, body

Interpretation:
This verse helps us to consider the importance of our words, and how careful we should be in what we say. It shows us that we are not only to avoid offensive speech, but to control our tongue and choose our words wisely.

This verse also calls us to consider perfection. The only man who can never offend with words is one who is truly perfect, in the sense in which the apostle goes on to explain; he is able to control every other member of his body.

His design is not to represent a man as absolutely blameless in every respect, and entirely free from sin, as he himself said, *"we all stumble in many ways"* but his design is to show that if a man can control his tongue, he has as complete a control over himself as a man has over a horse, or as a

helmsman has control over a ship if he holds the rudder.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple “Yes” or “No.” Otherwise you will be condemned.
> *— James 5:12*

Book: New Testament / James
Topics: speaking, honesty, judgment, punishment, truth

Interpretation:
James 5:12 encourages us to be honest and consistent in our words and actions at all times. In this passage, *James* admonishes us not to swear, that is, to make promises or commitments that we cannot keep. Instead, he encourages us to speak the truth and be clear in our answers to avoid condemnation.

The importance of being honest and consistent in your words

There are many reasons why we should be honest and consistent in our words. First, as Christians, we are called to be imitators *of Jesus*, who always spoke the truth and kept His promises. Furthermore, if we want to be trustworthy and reliable in the eyes of others, it is important that our words match our actions.

Moreover, being honest and consistent in our words helps us to be more authentic and transparent. When we say what we mean and act in accordance with our values, we are being true to ourselves and what we believe. This allows us to have deeper and more meaningful relationships with others and gives us a greater sense of peace and security in our daily lives.

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> I have not departed from the commands of his lips; I have treasured the words of his mouth more than my daily bread.
> — *Job 23:12*

Book: Old Testament / Job
Topics: speaking, law, obedience, Word of God

Interpretation:
The book of Job is one of the most profound and mystical books in the Bible. It tells the story of a righteous man who, despite going through various trials, remains faithful to God. In *Job 23:12*, we find a declaration of loyalty and faithfulness to God in how His word is kept. This verse shows the importance of following *God's Word* and keeping it even in the most difficult circumstances.

Observing the life of Job

Job 23:12 shows us that despite all the hardships and suffering, he maintained his loyalty to God's Word. *Job* not only listened to God's words, but he kept them and obeyed them. This quality sets him apart from many of us, because in times of trial and pain, it is easy to deny our faith and disobey God. In other words, Job teaches us the importance of remaining steadfast in our commitment to God's Word.

Keeping God's Word in our hearts

When we keep God's Word in our hearts, we are better prepared to deal with life's challenges. In times of pain, we can turn to God's Word and find comfort there. Through God's Word, we can find spiritual strength to keep going even when our minds and hearts are broken. God's Word gives us a solid foundation on which to build our lives and overcome trials.

Our daily struggle

However, keeping God's Word does not happen overnight. It is a daily struggle that we must face. In *Job 23:12*, we see that Job *"I have treasured the words of his mouth more than my daily bread,"* meaning he put God's Word above his physical needs. In other words, Job shows us that we must be willing to make sacrifices in order to follow God's way.

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> You are already clean because of the word I have spoken to you.
> — *John 15:3*

Book: New Testament / John
Topics: speaking, evil, purification, Word of God

Interpretation:
When *Jesus* says that we are already cleansed by His word in *John 15:3*, He is telling us about the importance of spiritual cleansing. To be clean means to be free from sin, fear, emotional discomfort, and anything that can separate us from God. Jesus' word is pure and powerful, and by listening to it and following it, we can cleanse our souls and draw closer to God.

This verse is a promise and a guarantee that if we follow the word of Jesus, we can achieve the cleansing we need in our lives. Cleansing is not only something God wants for us, it is something we need. When our souls are clean and at peace with God, our spiritual and emotional lives are greatly improved.

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> What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.
> — *Luke 12:3*

Book: New Testament / Luke
Topics: speaking, Light, listening, sin

Interpretation:
Luke 12:3 is found in the place where *Jesus* is telling His disciples about the importance of fearing God over man. He is reminding them that nothing is hidden from God's eyes and that everything they have kept secret will eventually be revealed.

Interpretation

This verse can be interpreted in a number of ways. In a literal sense, it refers to a future time when all hidden words and actions will be revealed. On a deeper level, it can be interpreted as a reminder that we must always be honest and transparent in all our words and actions. We must live with integrity and not be afraid of our actions being exposed.

Current relevance

This verse is especially relevant in the digital age we live in, where privacy is becoming increasingly difficult to maintain. Today, our digital footprints can be tracked and information about us is easier to find than ever. This means that we must be even more diligent in living with integrity and transparency.

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> If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying ‘I repent,’ you must forgive them.
> *— Luke 17:3b-4*

Book: New Testament / Luke
Topics: speaking, Forgiveness, repentance, sin

Interpretation:
The Gospel of Luke presents a series of instructions from *Jesus* that focus on faith, morality, and the conduct of the Christian community. These verses from *Luke 17:3-4* are part of these instructions that Jesus gives to His disciples on the way to Jerusalem.

Rebuking a brother

A rebuke is a way of pointing out a mistake and showing the person the negative consequences of his actions. However, a rebuke also implies love and mercy, not a sense of superiority or revenge. The goal of brotherly correction is to help another person recognize his mistake and find a solution to the problem.

What does it mean to repent?

Repentance means acknowledging the mistake made, remorse, and a desire to change one's behavior. In this context, repentance involves recognizing the harm caused by sin and striving for reconciliation and forgiveness.

Why is forgiveness important?

Forgiveness is one of the most important values ??of Christianity. By forgiving brothers and sisters who have wronged us, we follow the example *of Jesus*, who taught us to love and forgive one another. Forgiveness allows us to overcome emotional wounds, heal broken relationships, and free ourselves from the emotional and spiritual burdens that can come from resentment and hatred.

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> A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.
> *— Luke 6:45*

Book: New Testament / Luke
Topics: speaking, blessing, sin

Interpretation:
Luke 6:45 shows us the importance of what is really in our hearts and how it affects our words and actions. This verse tells us how a good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure of his heart brings forth evil things. For out of the abundance of the heart the mouth speaks.

How can this verse help the reader?

This verse encourages us to think about the importance of what is in our hearts as it is reflected in our relationships with others and the decisions we make each day. The message of this verse helps us realize that our words and actions reflect what we carry in our hearts.

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translating the language. *Matthew 7:7-8*

> Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit.
> — *Mark 13:11*

Book: New Testament / Mark
Topics: speaking, Holy Spirit, Spirit, worrying

Interpretation:
Jesus tells His disciples about a future in which they will be persecuted for their faith. They will be handed over for punishment and face difficult times; they may even find themselves in situations where their lives are at risk. Amidst these terrible events, Jesus tells the disciples not to worry about what they will say.

Instead, He says that *the Holy Spirit* will come to them and give them the right words at that moment. In other words, our task is not to worry about what will happen, but to trust the Holy Spirit and speak when the time comes.

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> But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken.
> — *Matthew 12:36*

Book: New Testament / Matthew
Topics: speaking, judgment

Interpretation:
The Bible is full of passages that teach us about the power of our words and their impact on others and ourselves. In *Matthew 12:36*, *Jesus* powerfully reminds us of the importance of what we say.

What does “idle talk” mean?

In this context, “idle talk” refers to any empty, meaningless, or meaningless word that may come out of our mouths. It also refers to words that may be offensive or hurtful to others. That is, any word that does not serve a constructive purpose or is not necessary for communication.

Why should we be accountable for our words?

This passage teaches us that every word that comes out of our mouths has consequences, and that we will ultimately be held accountable for them before God. This does not mean that God is ready to punish us for every “idle word” that comes out of our mouths, but rather that He is teaching us the importance of being responsible and mindful of what we say.

Impact on our relationships

Our words can have a profound impact on our relationships, both positively and negatively. They can build bridges or destroy them; they can strengthen or weaken the trust, respect, and love we have for others. So it’s important to be careful about what we say and how we say it.

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> If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over.
> — *Matthew 18:15*

Book: New Testament / Matthew
Topics: speaking, listening, reconciliation, sin

Interpretation:
The Gospel of Matthew is one of the four canonical Gospels and the first in the New Testament. It tells of the ministry *of Jesus* and His teachings to His disciples and the people at large. This verse from *Matthew 18:15* is part of the Sermon on the Mount, where Jesus teaches His followers a number of valuable lessons about how they should live the Christian life.

Interpretation

In *Matthew 18:15*, *Jesus* teaches us the importance of brotherly correction in the Christian community. In this verse, He tells us that if a brother sins against us, we should go and talk to him privately. This means that we should address the issue directly and personally, rather than spreading rumors and gossip. If our brother listens to us and repents, we have gained our brother.

This verse reminds us that as Christians, we are not called to judge others, but to love them and help them grow in faith. Brotherly correction is an act of love because it aims to help our brothers and sisters improve their behavior and relationship with God. Jesus gives us a practical tool to help restore broken relationships and harmony in society.

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> Jesus replied, “Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, ‘Go, throw yourself into the sea,’ and it will be done.”
>
> *— Matthew 21:21*

Book: New Testament / Matthew
Topics: speaking, faith, miracles, trust

Interpretation:
Matthew 21:21 talks about the importance of having faith without doubt and how it can help us do great things. *Jesus* tells His disciples that if they have faith without doubt, they will be able to move mountains or wither a tree.

But what does it mean to have faith without doubt? One possible interpretation is that we can fully trust God and His divine power to help us overcome any obstacle that may come our way. If we have trusted Him, we should have no doubt that He will help us and guide us along our path.

However, in practice, this can seem difficult. Often we experience doubts or fears that prevent us from having strong and unwavering faith. But it is important to remember that faith is not something that is achieved overnight; it is a process that takes time and effort.

Faith and trust in God

Faith and trust in God are the fundamental pillars of our Christian life. As *Proverbs 3:5-6* says, we must trust in the Lord with all our hearts and not lean on our own understanding. If we do this, He will direct our steps and lead us in the way we should go.

It may seem difficult to fully trust someone we cannot see or touch, but we must remember that God is always present in our lives and is ready to help and guide us when we need it. We must learn to trust Him so that He can work in us, transforming us and making us better.

Faith allows us to do great things

Faith also allows us to do incredible things. As *Hebrews 11:1* says, faith is the substance of things hoped for, the evidence of things not seen. If we firmly believe in something, we can achieve it if we put in the effort and dedication to it.

But it is also important to remember that it is not our faith in ourselves that allows us to do great things, but our faith in God. It is He who gives us the strength and authority to do the impossible if we trust Him and are willing to follow His will.

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> But I tell you, do not swear an oath at all: either by heaven, for it is God’s throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King.
> — *Matthew 5:34-35*

Book: New Testament / Matthew
Topics: speaking, heaven, reliability, world

Interpretation:
Taking an oath is a common practice in many cultures and has been used throughout history to make solemn declarations or to guarantee the truth of a statement. However, in *Matthew 5:34-35*, *Jesus* teaches us that we should not swear at all. It is important to understand what Jesus meant by this teaching and how we can apply it to our daily lives.

Why does Jesus forbid us to oath?

Jesus forbids us from swearing because swearing is a way to manipulate the truth. When we swear, we are trying to make our word more reliable than it actually is.

If our word is not enough to make a statement, then there is a problem with our integrity. Jesus' teaching is that we are to be people of our word, and that our word should be enough to make a statement.

Applying Jesus' teachings to our daily lives

Applying Jesus' teachings to our daily lives can be challenging, especially in a society where integrity is often questioned. For example, in the business world, contracts and oaths are often used to lend credibility to a statement or to ensure that commitments are fulfilled. However, as Christians, we must trust in the integrity of our word and our relationship with God.

This does not mean that we should refuse to sign contracts or enter into legal agreements in situations where it is necessary, but Jesus teaches us that we must be people of our word, and that our word should be enough. If we say we will do something, we must do it, no matter how difficult or expensive it may be.

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> All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.
>
> — *Matthew 5:37*

Book: New Testament / Matthew
Topics: speaking, evil, reliability

Interpretation:
Matthew 5:37 gives us a great lesson about the importance of being honest in our words and actions. In this commandment, *Jesus* teaches us that our words must be sincere and that we must keep our promises without excuses or delays. In other words, we must be people of our word so that we do not fall into bad behavior.

In a world where image and appearance are often valued more than substance, it is important to think about how our actions and words can shape our lives and the lives of others. We are often inclined to

say what we think the other person wants to hear or promise to do something we do not actually intend to do. This not only deceives others, but also ourselves and can lead to a loss of respect and trust.

In this sense, it is important to remember that one word spoken incorrectly can cause great damage. For example, imagine promising someone that you will help them with an important project, but ultimately failing to do so. Failure to keep your promise may result in the loss of important time and resources, which may have negative consequences for his professional and personal life. On the other hand, if you were honest and did not promise something you do not intend to keep, the other party may seek other support, someone who is genuinely interested and willing to help.

Thus, the verse in *Matthew 5:37* encourages us to think about honesty and sincerity in our interpersonal relationships. It also reminds us that our words can be powerful, both for good and for evil. Therefore, it is important that we are careful about what we say and that we are consistent in our actions, promises, and commitments.

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> And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.
> — *Matthew 6:7*

Book: New Testament / Matthew
Topics: speaking, Prayer, thoughts

Interpretation:
In Matthew chapter 6, Jesus teaches his disciples how they should pray. In this particular verse, he instructs them not to use vain repetitions in their prayers, as the pagans do. What does Jesus mean by vain repetitions? Why is it important to avoid them?

What is verbosity in prayer?

Verbosity in prayer refers to the practice of repeating the same words over and over again without a specific purpose. This practice is not exclusive to any particular religion, as it has been done at some point by many people of different faiths.

Jesus points out that this type of prayer is similar to the “talking” of the pagans, who think that by repeating their words too often, they will be heard or listened to.

Why is it important to avoid verbosity?

It is important to avoid vain repetitions in prayer, as this practice defeats the true purpose of prayer. Prayer is communication with God, a way of expressing to Him our desires, needs, gratitude, and worship. If we simply repeat the same words over and over again without a purpose, we are not really communicating with God.

This shows a wrong attitude towards God, as if He were a divine being who can be manipulated by our words. Prayer is not a magic formula for getting what you want, but a way to draw closer to God and be transformed by His grace.

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> Whoever conceals hatred with lying lips and spreads slander is a fool.
> — *Proverbs 10:18*

Book: Old Testament / Proverbs
Topics: speaking, gossip, lying

Interpretation:
The book of Proverbs is a source of wisdom for anyone seeking to know and understand God. In chapter 10, the author emphasizes the importance of honesty and truthfulness and points out the negative consequences of slander and lies.

A common, yet dangerous sin

Lying is one of the most common sins in our daily lives. Whether it is for convenience, to avoid responsibility, or to put ourselves in a better light, lying is a constant temptation. Slander is a more subtle form of lying, in which false or harmful information is spread about another person.

However, *Proverbs 10:18* reminds us that these habits can have serious consequences. Those who resort to lies and slander to hide their hatred or to harm others are considered fools in the eyes of God.

Tips on living honestly

How can we avoid the temptation to lie and slander in our daily lives? Proverbs gives us valuable advice:

- Speak honestly and sincerely.
- Avoid spreading rumors or unverified information.
- Learn to listen to others before judging.
- Think of others before speaking.

By following these principles, we can avoid hurting others and build healthier, longer-lasting relationships.

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> Sin is not ended by multiplying words, but the prudent hold their tongues.
> *— Proverbs 10:19*

Book: Old Testament / Proverbs
Topics: speaking, sin

Interpretation:
Many of us love to talk, and we speak without thinking. Sometimes we can create problems and conflicts simply by speaking too much. This verse teaches us that many words can lead to sin, so it is important to learn to control ourselves and restrain our lips.

The verse begins with the words, **“Sin is not ended by multiplying words”**. This passage does not mean that talking a lot is necessarily bad, but rather, by speaking recklessly and without control, we can commit sins such as slander, lying, and other ways of hurting others with our words. It can also lead us to sin in our thoughts and attitudes, such as being arrogant or disrespectful to others. Therefore, we must be careful and think before we speak to avoid causing harm.

The second part of the verse says, **“but the prudent hold their tongues”**. This encourages us to be careful with our words and learn to control ourselves. When we restrain our lips, we are aware of the meaning of our words and avoid speaking without thinking about the consequences. Guarding our lips does not mean that we should remain silent or that we cannot express our opinions, but that we

should do so wisely and fairly so as not to harm others.

This verse encourages us to be careful in our speech and to consider how our words may affect others. If we speak without control, we can harm others, harm ourselves, and distance ourselves from God. Therefore, the importance of guarding our lips and being careful cannot be underestimated.

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> The tongue of the righteous is choice silver, but the heart of the wicked is of little value.
> — *Proverbs 10:20*

Book: Old Testament / Proverbs
Topics: speaking, righteousness, valuable

Interpretation:
The Bible verse *Proverbs 10:20* begins with an interesting analogy comparing the tongue of the righteous to fine silver. This analogy is often used in literature and religious teachings to emphasize the importance of honesty and truthfulness. If our tongue is like fine silver, it means that every word we say is valuable and has a significant impact on others.

The importance of honest conversation

The speech of a righteous person consists of words that match their actions. Honesty in speech is important because it is the foundation of all healthy relationships. People trust those who speak the truth, and therefore purity of speech is critical to gaining the trust of others.

If we speak falsely or deceitfully, as the verse indicates, our hearts are “worthless” or worthless, which can undermine the health of relationships and create problems in our lives.

The difference between the tongue of the righteous and the heart of the wicked

The proverb, “out of the abundance of the heart the mouth speaks,” eloquently captures the essence of this passage. It tells us that although the wicked try to hide their evil hearts behind beautiful words, sooner or later the truth will come out. In fact, *Proverbs 10:20* indicates that the heart of the wicked is “worthless,” meaning that there is nothing valuable or pure in their words.

It is important to remember that the Bible does not say that the heart of the righteous is free from faults or errors; instead, it tells us that the righteous, who always seek the good in their hearts, will strive to speak truth and justice.

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> The lips of the righteous know what finds favor, but the mouth of the wicked only what is perverse.
> — *Proverbs 10:32*

Book: Old Testament / Proverbs
Topics: speaking, lying, righteousness, truth

Interpretation:
Proverbs 10:32 is a Bible verse that tells us about the power of words and how they can impact others. This verse emphasizes the importance of having a positive attitude and using words to build others up rather than hurt them.

The power of words

The popular saying “words hurt more than actions” is true and can have a significant impact on a person’s life. Words have the power to build up or tear down a person depending on how we use them. *Proverbs 10:32* encourages us to use words to build up rather than hurt.

The lips of the righteous

This verse talks about the lips of the righteous, which know how to speak pleasantly. Being righteous means not only doing the right thing, but also speaking the right thing. Righteous people use their words to build up and edify others. They think and consider how their words will impact others before they speak.

The mouth of the wicked

On the other hand, the mouth of the wicked speaks perversely. Evil people use their speech to hurt and harm others. They do not think before they speak, and may say hurtful and offensive words without realizing it.

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> Blessings crown the head of the righteous, but violence overwhelms the mouth of the wicked.
>
> *— Proverbs 10:6*

Book: Old Testament / Proverbs
Topics: speaking, blessing, righteousness

Interpretation:
Proverbs 10:6 speaks to a fundamental truth about life: blessings come to those who practice justice and righteousness. It is important to note that justice is not just a virtue, but a divine command found in several passages throughout the Bible. Those who live by this command are called righteous, and they are promised blessings and prosperity.

The relationship between justice and blessings

The Bible repeatedly speaks of the connection between righteousness and the blessings that come from living by its commandments. In *Psalm 34:8-10* we find these words: *“Taste and see that the Lord is good; blessed is the one who takes refuge in him. Fear the Lord, you his holy people, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing.”*

These verses tell us about trusting God as the source of blessings, fearing Him and following His teachings out of gratitude, and the promise that those who seek Him will lack nothing.

However, *Proverbs 10:6* shows us the other side of the coin: those who act with malice and violence hide behind their lips words and actions that only cause suffering and pain. Violence and evil only attract more pain and suffering. This is why, ultimately, those who live this way cannot receive the blessings and prosperity reserved for the righteous.

How justice helps us in everyday life

Justice is a fundamental tool in the lives of all people. Those who strive to live by its commandments will experience significant benefits and achievements. Justice allows us to:

- Live in harmony with the environment and society.
- Be trustworthy and respected.
- Receive God's approval and protection.
- Reduce worry and anxiety.
- Have a clear conscience and be at peace.

On the other hand, those who turn away from justice and commit evil and violence reap only suffering and pain. As *the Apostle Paul* said in *Galatians 6:7: “Do not be deceived: God cannot be mocked. A man reaps what he sows.”*

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> A gossip betrays a confidence, but a trustworthy person keeps a secret.
> *— Proverbs 11:13*

Book: Old Testament / Proverbs
Topics: speaking, gossip, lying, reliability

Interpretation:
First, it is important to understand what is meant by the word *“gossip”*. Gossip is unverified information that is passed on to others with the intent to harm someone. Gossip is often biased or incomplete and is used to condemn someone without knowing all the facts. The gossip seeks to create a negative opinion of the person being gossiped about.

God’s Word teaches us to be faithful and trustworthy, to protect the secrets of others, and to avoid gossip. By following *Proverbs 11:13*, we can become wiser, more loving, and caring people.

Let us always remember that our words and actions can have a huge impact on those around us. Therefore, we must ensure that we speak the truth with love and wisdom.

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> With their mouths the godless destroy their neighbors, but through knowledge the righteous escape.
>
> — *Proverbs 11:9*

Book: Old Testament / Proverbs
Topics: speaking, gossip, righteousness, wisdom

Interpretation:
Proverbs 11:9 talks about hypocrisy and wisdom, which we see in our words and actions. A hypocrite in this context is someone who pretends to be something he is not when communicating with others, who speaks falsely and maliciously, while the righteous, who act honestly, do not worry about the consequences of their words.

Hypocrisy: a sin that hurts others

When a hypocrite speaks, his goal is not to express a true opinion or convey useful information, but to manipulate others for personal gain. *Proverbs 11:9* tells us that such behavior can be harmful to those to whom the hypocrite's words are addressed. When a person communicates in this way, it damages his reputation, self-esteem, and relationships with others.

Wisdom: an antidote to hypocrisy

Wisdom, on the other hand, offers us an alternative: to act and speak honestly, clearly, and sincerely. By being aware of our role in the lives of others, we can use it to choose our words wisely and express ourselves truthfully and helpfully. This allows us to comfort, encourage, and support others, thereby enriching our relationships and making a positive contribution to their lives.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> The Lord detests lying lips, but he delights in people who are trustworthy.
>
> — *Proverbs 12:22*

Book: Old Testament / Proverbs
Topics: speaking, honesty, lying, reliability, truth

Interpretation:
The book of Proverbs is a collection of wisdom that can help us improve our lives and relationships. *Proverbs 12:22* talks about the importance of truth and that lying is an abomination to the Lord.

Lying lips

Verse 12:22 tells us that lying lips are an abomination to the Lord. This shows us that God values ?? truth and honesty in our lives. When we lie, we not only deceive others, but we also disobey God. Lying not only ruins our relationships with others, but it also distances us from God's presence.

The Lord is pleased with those who act honestly

Unlike lying lips, those who act truthfully are pleasing to the Lord. When we are honest in our actions and words, we follow the example of God, who is truth itself. Honesty in our relationships is essential to building a respectful and loving society.

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> Anxiety weighs down the heart, but a kind word cheers it up.
> — *Proverbs 12:25*

Book: Old Testament / Proverbs
Topics: speaking, heart, worrying

Interpretation:
The book of Proverbs in the Bible is a collection of wisdom for everyday life. *Proverbs 12:25* is a sample of the wisdom contained in this book. This verse teaches us how the human heart can be affected by grief or sorrow, and how words can have a profound effect on our mood.

Sorrow weighs down the human heart

Grief, sadness, or depression are emotions that we all experience at some point in our lives. *Proverbs 12:25* teaches us that these emotions negatively affect our hearts. When we are sad, we may feel a heaviness and depression in our hearts. Sadness can affect our ability to do normal activities and lead to feelings of isolation and loneliness.

How to cope with grief?

When we are feeling down, it is important to reach out for help and support. Talking to a friend, family member, or counselor can help us sort out our feelings and find ways to cope. We can also seek spiritual help and find comfort in prayer and reading the Bible.

Kind words make us happy

The second part of *Proverbs 12:25* shows us the importance of positive words. Words are powerful and can affect our mood as much as our thoughts and feelings. If someone speaks to us with words of encouragement, understanding, and acceptance, we are likely to feel joyful and uplifted.

Similarly, when someone speaks to us with criticism, negativity, or judgment, we are likely to feel sad, irritated, or frustrated.

How can we be kind to others?

If we want to be kind to others, it is important to show love and compassion. We must be aware of our thoughts and feelings and strive to communicate clearly, honestly, and respectfully. By showing kindness and compassion, we can warm the hearts of others.

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

Book: Old Testament / Proverbs
Topics: speaking, life, wisdom

Interpretation:
The Book of Proverbs is known as a source of wisdom and helpful advice for everyday life. *Proverbs 13:3* tells us about the importance of controlling our speech and warns us against the dangers of too many words. This verse tells us to be careful with our words because they can have long-term consequences on our lives and the lives of others.

What does it mean to guard our mouth?

When we guard our speech, we control our words and avoid saying things that can hurt ourselves or others. In other words, we are careful about how we express our emotions, thoughts, and opinions. When we speak too much without thinking about the consequences, we can hurt others, ruin friendships, and even lose our jobs.

The importance of controlling your words

Our speech can have a long-term impact on our lives. When we are careless with our words, we can leave a negative impression on people and relationships. Moreover, our words can affect our mental, emotional, and spiritual health.

A recent study has shown that negative statements can increase the risk of depression and anxiety. At the same time, positive statements can boost our self-esteem and reduce stress levels.

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> All hard work brings a profit, but mere talk leads only to poverty.
> — *Proverbs 14:23*

Book: Old Testament / Proverbs
Topics: speaking, encouragement, poverty, reliability

Interpretation:
Proverbs 14:23 is a Bible verse that encourages us to work hard and persevere in order to achieve our goals. This passage reminds us that any hard work will ultimately bring satisfaction, while empty words will only lead us to poverty. This verse speaks of practical wisdom that can guide us through life.

The value of work

The underlying principle of this verse is the value of work. The Bible says that God created man to work and take care of the earth *(Genesis 2:15)*. Work is a blessing, not a curse, although sometimes we may feel overwhelmed by the tasks, stress, or pressures of everyday life.

Moreover, work is not only a source of income that allows us to pay the bills, but also an opportunity to develop skills and talents that shape our personality and position in society.

Work and fruit

The Bible passage also says that “all labor brings forth fruit.” This means that any work put in with diligence and dedication will eventually bear fruit. However, this does not happen overnight: commercial or professional success is the result of many years of hard work and dedication.

Many of humanity's greatest achievements have been achieved through years of research and dedication. On the other hand, if we give up halfway through, we cannot expect to be rewarded.

Empty words that impoverish

The second aspect of the proverb is the warning that "empty words lead to poverty." This means that empty and useless words lead us to poverty, although not necessarily material. The Bible teaches that our words can have serious consequences.

Words of encouragement build hope, while negative and hurtful words can destroy an entire life. Talking without action is like sowing without expecting a harvest.

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> A gentle answer turns away wrath, but a harsh word stirs up anger.
> — *Proverbs 15:1*

Book: Old Testament / Proverbs
Topics: speaking, anger, gentleness

Interpretation:
In the book of Proverbs, we find several teachings about how our words can affect others. This verse in particular talks about how our speech can affect the emotions of others.

A gentle response

According to the text, if we respond in a kind and gentle manner, we can calm someone’s anger and prevent the situation from escalating. This means controlling our impulses and thinking about our actions before speaking, taking into account the feelings of the other person.

The power of a harsh word

On the other hand, if we speak harshly and aggressively, we can increase the anger and rage of the other person, which can lead to a conflict situation. It is important to remember that our words can have a significant impact on others, and we should be careful in the choice of words.

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> Plans fail for lack of counsel, but with many advisers they succeed.
> — *Proverbs 15:22*

Book: Old Testament / Proverbs
Topics: speaking, planning

Interpretation:
The book of Proverbs is a treasure trove of wisdom that teaches us how to live a full and happy life according to God's principles. *Proverbs 15:22* emphasizes the importance of counsel in our daily lives.

One of the biggest mistakes we can make is trying to do everything alone without seeking the advice and wisdom of others. Counsel is essential to making important life decisions, and without it, our thoughts can become chaotic.

Seeking wise counselors

In life, we need to seek and surround ourselves with wise counselors. In verse 15:22, the word "many" refers to a multitude of counselors who can help us make wise and balanced decisions. Therefore, it is important to seek counsel from trusted and wise people who can guide us on our path.

We can seek counsel from parents, close friends, mentors, and spiritual leaders. It is important to remember that God did not create us to live in isolation, but as social beings living in community.

Overcoming discouragement

This verse also highlights the importance of counsel in overcoming discouragement that can arise from a lack of direction. When we feel lost or confused, counsel and guidance from wise people can help us focus and move forward. We can find comfort in knowing that we are not alone and that there are people willing to help us.

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> A person finds joy in giving an apt reply— and how good is a timely word!
> *— Proverbs 15:23*

Book: Old Testament / Proverbs
Topics: speaking, joy

Interpretation:
The book of Proverbs is full of practical wisdom for everyday life. Among its thousands of sayings, *Proverbs 15:23* tells us about the impact of our words on others and how we can bring joy through them.

This verse teaches us that an appropriate, timely, and wise response can bring great joy to the recipient. A kind response brightens not only our lives, but also the lives of those around us. In a world where people often prefer to speak without thinking, the right words at the right time are truly valuable.

The power of words

The phrase “a word in due season, how good!” emphasizes that the right words spoken at the right time can have a profound impact. Words have power; they can bring love, wisdom, and motivation into our lives.

But they can also be destructive and hurtful. Unkind words can sow discord, provoke hostility, or cause resentment. As Christians, we are called to be careful about our words and the impact they may have on others.

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> The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.
> *— Proverbs 15:4*

Book: Old Testament / Proverbs
Topics: speaking, gossip, lying, Spirit

Interpretation:
The book of Proverbs, specifically chapter 15, verse 4, talks about the importance of using the tongue correctly. This verse clearly distinguishes between two ways of using the tongue and how each affects our lives and the lives of those around us.

A gentle tongue

The first part of the verse says that “a gentle tongue is a tree of life.” What does this phrase mean? According to the Bible, a “gentle tongue” is a symbol of eternal life and divine blessing. So comparing a gentle tongue to this tree indicates that using our words correctly can bring life and blessing to both ourselves and those around us.

A gentle tongue is a tongue that speaks gently, respectfully, and lovingly. When we speak this way, we can build trust, promote understanding, and create an atmosphere of harmony. We can also encourage and support those who are going through difficult times.

A perverted tongue

The second part of the verse says that “an unbridled tongue is a broken spirit.” This phrase makes us think about the destructive power of unkind words and the harm they can cause.

When we use words to hurt, insult, or humiliate someone, we create deep wounds in the hearts of others. Hurtful words can destroy relationships, affect self-esteem, and make others feel bad about themselves.

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> Gracious words are a honeycomb, sweet to the soul and healing to the bones.
> — *Proverbs 16:24*

Book: Old Testament / Proverbs
Topics: speaking, body, food, gentleness, health, soul

Interpretation:
Proverbs 16:24 teaches us the importance of the words we speak and how they can impact our lives. The honeycomb analogy suggests that our words should be sweet and gentle, so that they are a balm to the soul and a healing to the bones.

What does it mean to have soft words?

Smooth speech means speaking pleasant and kind words instead of hurtful or unpleasant ones. Harsh and offensive words can be compared to a sword: they cut and wound. Soft words, on the other hand, can be compared to honey, which is good for both the body and the soul.

Benefits of soft speech

Kind words not only benefit others, but also ourselves. When we speak kind words, we bring peace and happiness to our hearts. Moreover, our body relaxes and calms down. On the other hand, when we speak hurtful words, we create tension and suffering in our body.

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

Book: Old Testament / Proverbs
Topics: speaking, mind, wisdom

Interpretation:
The Bible teaches us that those who speak little are considered wise. This principle is reflected in *Proverbs 17:28*. This phrase may seem contradictory, but it actually teaches us the value of silence in wisdom.

The value of silence

In our modern culture, the word “wisdom” is closely associated with information and knowledge. However, the Bible teaches us that true wisdom goes beyond knowledge and information. Wisdom is the ability to discern between good and evil and to act accordingly.

In this sense, silence can be a powerful tool for developing this ability. When we are silent and listen, we open the door to reflection and deep analysis. In this way, we can better understand situations and make wiser decisions.

The danger of talking too much

On the other hand, those who talk too much risk becoming reckless and talkative. Because of this, we may say things we do not mean or things that do not fully reflect our true thoughts and feelings.

Moreover, by talking too much, we may miss the opportunity to listen to others and learn from their experiences and knowledge. The lack of humility that lies behind the need to constantly talk can hinder our development as individuals.

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> Eloquent lips are unsuited to a godless fool— how much worse lying lips to a ruler!
>
> *— Proverbs 17:7*

Book: Old Testament / Proverbs
Topics: speaking, lying, wisdom

Interpretation:
The book of Proverbs is a collection of practical wisdom that can be applied to everyday life. In chapter 17, verse 7, we are reminded of the importance of speaking the truth and using eloquence rather than lying as princes or leaders do. This verse shows us how important it is to be truthful in our words and actions, and how lying can have negative consequences not only for ourselves but also for others.

According to some scholars, the word “fool” in this verse does not refer to an ignorant person, but to someone who is stubborn or rebellious. Such a person may have difficulty understanding eloquent speech, which involves clear and effective communication. Therefore, it is important for those who lead or influence others to speak sincerely, using clear and honest words. Otherwise, they may cause confusion and mistrust in their audience.

In the context of leadership, it is imperative that those in authority speak sincerely and openly, and not with “lying lips,” as the verse says. When a leader lies or deceives, he or she loses the trust of their followers. This can not only lead to mistrust between the leader and followers, but also cause damage to the organization through poor decisions and actions.

Truthfulness plays a key role in any interpersonal relationship, whether at home or at work. Being honest in your words can help build strong, long-lasting relationships. Moreover, being sincere and clear in your words can help avoid unnecessary misunderstandings and conflicts.

On the other hand, lying can have negative consequences in both the short and long term. In the short term, lying to avoid admitting the truth may be easy; however, in the long term, lying only makes things worse by prolonging the existence of the error or misconception.

Ultimately, this verse reminds us of the importance of effective and honest communication. By telling the truth, we can build stronger, long-lasting relationships, avoid unnecessary conflicts, and become more effective leaders. Although it may not be easy to always be honest, in the long run, the truth will always prevail. Lying can only lead to negative consequences for both ourselves and those around us.

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> Fools find no pleasure in understanding but delight in airing their own opinions.
>
> *— Proverbs 18:2*

Book: Old Testament / Proverbs
Topics: speaking, selfishness, wisdom

Interpretation:
The verse begins with the word *“Fools.”* In the Bible, the word *“foolish”* refers to a foolish or ignorant person. This type of person does not care about learning or listening to the advice of others. Instead, they are more concerned with their own opinions and showing off their knowledge. This attitude can be dangerous because it can lead to arrogance and pride, which can cause conflicts and problems in everyday life.

The second part of the verse mentions that a fool does not get pleasure from intelligence, but from *expressing his own opinion*. This means that a fool does not find satisfaction in learning or knowing

more, but in making his voice heard. This attitude can lead to a lack of dialogue and exchange of ideas between people. If everyone expresses his own opinion without listening to the opinions of others, effective solutions to problems cannot be found.

So, how can we apply this verse in our daily lives? First of all, we must have an open mind. We must be willing to listen to the opinions of others and learn from them. We must be humble and admit that we do not know everything. Recognizing that there is always something to learn is key to personal growth and interpersonal relationships.

Secondly, we must be careful not to fall into pride and arrogance. We must not think that we are always right or that our opinion is the only correct one. Instead, we must respect the opinions of others and be willing to admit that sometimes we are wrong.

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> The tongue has the power of life and death, and those who love it will eat its fruit.
>
> — *Proverbs 18:21*

Book: Old Testament / Proverbs
Topics: speaking, blessing, Fruitfulness, self-control

Interpretation:
The Bible repeatedly mentions the importance of controlling our words because they can have a significant impact on our lives and the lives of others. *Proverbs 18:21* illustrates this well.

What does this verse mean?

This verse teaches us that our tongue can have serious consequences, both positive and negative. It is a powerful tool, but it must be used wisely.

If we cultivate a loving and constructive tongue, we will live a fruitful life and enjoy its benefits. But if we use our tongue carelessly and harmfully, we will reap misery and negativity.

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translating the language. *Matthew 7:7-8*

> The lips of fools bring them strife, and their mouths invite a beating.
> — *Proverbs 18:6*

Book: Old Testament / Proverbs
Topics: speaking, wisdom

Interpretation:
In this verse, the author warns us about the destructive power of the words of a careless or foolish person. These words can have serious consequences for the lives of those around the fool, as well as for the fool himself. Careless use of language can lead to unnecessary conflicts, communication problems, and broken relationships.

Who is a fool?

In the Bible, a “fool” is someone who lacks wisdom or knowledge and, as a result, makes unwise decisions. In the context of this verse, a “fool” is someone who speaks thoughtlessly, says hurtful and offensive things, and sows unnecessary discord. The Bible encourages us to seek wisdom and knowledge to avoid falling into foolishness.

Impact on our daily lives

Words have power, and once we speak them, we cannot take them back. It is important to remember that our words can profoundly affect the lives of those around us, including friends, family, and coworkers. A hurtful word can have a lasting impact on a person’s self-esteem and self-confidence, while a kind word can be a balm for the soul.

As Christians, we must be mindful of our words and how we use them in our daily interactions. We must strive to build healthy, positive relationships with others and not allow foolishness to hinder us from doing so.

The consequences of careless use of the tongue

The second part of this verse tells us that a fool’s mouth brings a whipping. A whipping is a cruel lash, and in this case, the author uses this imagery to indicate the negative consequences that can result from careless use of the tongue. Any harm caused by our words can have serious consequences.

Furthermore, careless use of the tongue can also affect our relationship with God. The Bible teaches us that God is a God of love and justice, and if we use words to hurt others, we are acting against His

will and may face serious spiritual consequences.

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> The words of a gossip are like choice morsels; they go down to the inmost parts.
>
> — *Proverbs 18:8*

Book: Old Testament / Proverbs
Topics: speaking, gossip

Interpretation:
Proverbs 18:8 talks about gossip and its ability to harm those it is spoken about. This verse describes a gossip as someone who speaks soft words that go deep into the soul, indicating that their words can be very destructive and have a profound effect on those they are speaking about.

What is gossip according to the Bible?

Gossip is a very common, yet often condemned practice in both the church and the secular world. It involves a person speaking evil of another in their absence, often with the intent to cause harm. As Christians, we must remember that gossip is a form of sin that often manifests itself in a hidden way.

In the Bible, gossip is linked to the word “murmuring,” which is also mentioned in many other Bible passages. Instead of gossiping or complaining, the Bible calls us to take our problems and conflicts directly to the person with whom we are communicating and try to resolve them through loving and constructive dialogue.

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> It is to one’s honor to avoid strife, but every fool is quick to quarrel.
>
> — *Proverbs 20:3*

Book: Old Testament / Proverbs
Topics: speaking, anger, peace

Interpretation:
Proverbs 20:3 speaks of the importance of avoiding strife. Honor and wisdom consist in avoiding strife, but a fool engages in useless contention.

The idea behind this verse is that the best way to deal with conflict is to avoid it. Often, people engage in arguments and quarrels that serve no real purpose and only lead to pain and suffering.

The importance of respect for others

This verse also teaches us the importance of respect for others. If we are able to leave arguments and conflicts behind, it shows that we care about the feelings of others.

Our behavior should always be guided by love and respect for others. If we try to force our opinions or defend ourselves in an argument, we risk hurting others, and this is not what God desires for us.

The wisdom behind avoiding disagreements

The wisdom behind avoiding arguments has many practical applications in our daily lives. For example, when someone speaks to us angrily, it's best not to respond in kind.

Responding in kind only escalates the situation. Instead, it's better to listen to the other person and respond calmly and respectfully. This approach will help us maintain healthy relationships and avoid unnecessary conflict.

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> Speak up for those who cannot speak for themselves, for the rights of all who are destitute.
> — *Proverbs 31:8*

Book: Old Testament / Proverbs
Topics: speaking, children, orphans, protection, weakness

Interpretation:

In this verse, we are called to be advocates for those who cannot advocate for themselves. It is a call to stand with those whose voices are not heard and whose rights are being trampled upon. As believers, we must strive to be the voice of those who cannot speak and fight for them in the judgment of the helpless.

The **“destitute”** in this verse can refer not only to those who cannot speak, but also to those who cannot defend themselves. This could be people with physical or mental disabilities, people who do not have access to resources or education, or people who are oppressed by society. The helpless are those who are unprotected and vulnerable. This could be children, the elderly, widows, or anyone who depends on others for their protection and safety.

As Christians, we have a responsibility to love and care for those around us. This verse shows us that God wants us to take an active role and participate in defending those who need protection. We can apply this verse in many ways. We can start by being more aware of the needs of others. We can get involved in charities, community projects, and programs that help vulnerable populations. We can make an effort to be more compassionate and give more attention to those who feel ignored.

We should strive to be the answer to their prayers by being the hope they need. This verse reminds us that together we can make a difference in the lives of others by the grace of God.

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> Speak up and judge fairly; defend the rights of the poor and needy.
> — *Proverbs 31:9*

Book: Old Testament / Proverbs
Topics: speaking, giving, poverty, righteousness, widows

Interpretation:
Proverbs 31:9 calls us to act justly and to champion the cause of the poor and needy. This verse is a call to action for the Christian community, reminding us that God expects us to help not only the more fortunate but also the less fortunate.

The word "poor" in the original Hebrew means "one in need," and "needy" refers to someone in extreme poverty, lacking resources, and in dire need of assistance.

Judge with justice

Judgment with justice involves making decisions based on facts, not personal bias. It is important not to judge others by their appearance, ethnicity, gender, or any other factor that might obscure a person's true situation. A just judge is one who considers all the evidence before making a decision and seeks the truth before jumping to hasty conclusions.

Championing the cause of the poor

The idea of ??championing the needy permeates the Bible. Christians are called to be the voice of the voiceless and to defend their right to justice and equal treatment before the law. We must be those who recognize the needs of the poor and are willing to do something for them.

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> Keep your mouth free of perversity; keep corrupt talk far from your lips.
> — *Proverbs 4:24*

Book: Old Testament / Proverbs
Topics: speaking, lying, truth

Interpretation:
The book of Proverbs is known for its wise advice on life and how to live it righteously and wisely. One of the most relevant and timeless pieces of advice in this book is found in *Proverbs 4:24*. Essentially, this verse reminds us that the way we speak and the words we speak have a huge impact not only on ourselves but on others as well.

The importance of honest conversation

In our modern world, it often seems like our words have no consequences. Many people say hurtful things or lie without thinking about the harm they may cause. However, the term “iniquity” refers to injustice and wickedness.

So this verse encourages us to avoid overuse of words and speak honestly and fairly. When we speak honestly, people trust us, feel comfortable, and even want to communicate with us. “False lips” can simply push people away from our lives.

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> Give praise to the Lord, proclaim his name; make known among the nations what he has done.
>
> *— Psalm 105:1*

Book: Old Testament / Psalms
Topics: speaking, Evangelism, praise, worship

Interpretation:
Psalm 105 is a hymn of thanksgiving that traces the history of God's dealings with His people from the time of Abraham to Israel's arrival in the Promised Land. This psalm is one of many passages in the Bible that encourage us to praise God and bear witness to His works.

Give praise to the Lord

Psalm 105:1 begins with these simple yet powerful words: *"Praise the Lord."* Praise is an important part of the Christian life because it helps us always remember the God who is good and faithful. When we praise God, we thank Him for what He has done in our lives and remind ourselves that He is in control.

Proclaim His name

In addition to praising God, *Psalm 105:1* encourages us to call on His name. To call on God's name is to cry out to Him for help, guidance, or protection. When we face life's challenges, we can trust that God is with us and that we can call on His name to guide us.

Make known among the nations what He has done

Finally, *Psalm 105:1* encourages us to share the works of God with others. Testifying about how God has worked in our lives can be very powerful for those who are searching for an answer or need a little hope in their lives. By sharing our stories, we can inspire others to seek God and know His love and power.

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translating the language. *Matthew 7:7-8*

> Save me, Lord, from lying lips and from deceitful tongues.
> — *Psalm 120:2*

Book: Old Testament / Psalms
Topics: speaking, lying, Redeemer, soul

Interpretation:
Psalm 120:2 presents us with a prayer in which the psalmist asks God to save his soul from lying lips and a deceitful tongue. The importance of this verse lies in its demonstration that lies and deceit can be dangerous to our souls, and therefore we must pray for God's help to protect us from these evil habits.

In this sense, it is important to understand that lies and deceit not only affect the image we project in the eyes of others but also our spiritual life. The path God left us in the Bible indicates that we must be honest and faithful in both word and deed. Therefore, the psalmist's prayer is an expression of zeal and devotion to divine values.

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> Before a word is on my tongue you, Lord, know it completely.
> — *Psalm 139:4*

Book: Old Testament / Psalms
Topics: speaking, Almighty, understanding

Interpretation:
In Psalm 139, the psalmist David expresses his amazement at the knowledge of God. This verse shows us the depth of God’s knowledge and His ability to know our needs and desires before we even express them verbally.

This divine knowledge goes far beyond our limited human language and thinking. It is important to note that although God knows everything, He still gives us free will. He does not force us to do the

right thing, but rather gives us the opportunity to decide for ourselves.

The Omnipresence of God

Not only does He know our thoughts and desires, but He is also ever-present in our lives. Another reason *Psalm 139* is so inspiring is that it reminds us that God is always with us, at all times and in all places, never leaving us. Even when we feel alone or hopeless, we can be sure that He is there for us.

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> In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.
> *— Psalm 18:6*

Book: Old Testament / Psalms
Topics: speaking, listening, Prayer

Interpretation:
The Book of Psalms is one of the most important sections of the Bible, and in it we find a wide variety of emotions expressed by the authors; from joy and gratitude to sadness and despair. In *Psalm 18, David* tells us how he cried out to the Lord in his distress and received an answer from God.

The term **“called”** in the Bible refers to calling or asking God for help in times of need or distress. In *Psalm 50:15*, God says, *“and call on me in the day of trouble; I will deliver you, and you will honor me.”* It is important to note that God does not promise to immediately resolve all of our situations, but He does promise to be with us at all times and hear our cries.

If we look at the context of *Psalm 18*, we will see that David was facing a serious threat from his enemies at the time. In this passage, David acknowledges his despair and pain, but also demonstrates his trust in God to hear him and answer his call. This is important to remember because we can often feel overwhelmed by our difficulties and not trust that God can find a solution to our struggles.

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> 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*

Book: Old Testament / Psalms
Topics: speaking, heart, Prayer

Interpretation:
Psalm 19:14 is a psalm of praise and prayer, in which the psalmist asks God for his words and thoughts to be pleasing to Him. The psalmist acknowledges God as his rock and Redeemer and asks Him to help him keep his lips and heart pure and pleasing to God.

Interpretation

This verse is a reminder to all Christians of the importance of thinking and speaking in accordance with God's teachings. Our words and thoughts are an expression of what is in our hearts, and as Christians, we must strive to fill our hearts with pure and noble thoughts. We should avoid vulgar or profane speech and speak with love and respect to others.

We must not only think about others. We must also reflect on our own mistakes and sins. We must not judge anyone, but rather focus on our own shortcomings and strive to improve every day of our Christian lives. We must realize that every word and thought has an impact on ourselves and others.

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> When I kept silent, my bones wasted away through my groaning all day long.
> — *Psalm 32:3*

Book: Old Testament / Psalms
Topics: speaking, confession, sickness, sin

Interpretation:
Psalm 32:3 reflects on the physical and emotional impact of sin on a person's life. *David*, the author of the psalm, experienced great pain while remaining silent about his sin.

The first part of the verse is the key to understanding the meaning of this psalm. *"When I kept silent..."* That is, while David concealed his sin, his bones grew weak and his spirit weakened. This indicates that confession and release from guilt are essential for our mental and physical health.

Confession and release from guilt

Psalm 32 is known as a penitential psalm, in which David acknowledges his sin before God and asks for forgiveness. By openly confessing his sin, David found relief and deliverance. This psalm demonstrates that by confessing our sins, we can find comfort and healing.

Many people can relate to David's experience. We often experience guilt and shame and hide our sins. However, as *Psalm 32:3* reminds us, this can significantly impact our physical and emotional health. Keeping secrets to ourselves can create an emotional burden that negatively impacts our mental and physical well-being.

Therefore, it's important to learn from David's experience and seek God's help by confessing our sins. Moreover, it's crucial to have a supportive community in our lives where we can share our struggles and seek the help we need.

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> By the word of the Lord the heavens were made, their starry host by the breath of his mouth.
>
> *— Psalm 33:6*

Book: Old Testament / Psalms
Topics: speaking, creation, heaven

Interpretation:
Psalm 33 is a hymn that reminds us of the greatness of God and His power. In particular, *verse 6* tells us how God created the universe by His word and breath. This is a fundamental truth of the Christian faith: God created the universe out of nothing and that everything that exists was created by Him.

This verse invites us to reflect on the greatness of our Creator God and to contemplate His power and love. It reminds us of the importance of His word, which is eternal and never changes. In fact, *“heaven and earth will pass away, but my words will never pass away.” (Matthew 24:35)*

It also shows our complete dependence on God. He is the One who gives us life and breath, and therefore it is to Him that we must always look for guidance. In this verse, we find the reason for our existence and the confirmation that it is God who controls our destiny.

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> I will extol the Lord at all times; his praise will always be on my lips.
> — *Psalm 34:1*

Book: Old Testament / Psalms
Topics: speaking, blessing, praise, worship

Interpretation:
One of the most important aspects of the Christian faith is praise and worship of God. This verse from *Psalm 34:1* tells us how we should always praise the Lord and continually offer Him praise.

The meaning of the word "bless"

Before delving into the verse itself, it's important to understand the meaning of the word "bless." To bless means to thank God and exalt His name. It means acknowledging that God is the One who provides everything in our lives, and that it is by His mercy and grace that we are able to live.

Praise God at all times

Psalm 34:1 reminds us that we should praise God always, not only in moments of happiness or joy, but also in the most difficult times of our lives. It's important to remember that every situation in our lives can serve as an opportunity to glorify God and demonstrate our trust in Him. When we trust God and praise Him always, we can remember His love and faithfulness to us.

The benefits of blessing God

Blessing God and praising His name can bring us many benefits. First, it helps us maintain a proper perspective on life. By focusing on God and His blessings, we can remember how much He loves us and how much we have received from His grace. It also helps us maintain a positive and joyful outlook. By praising God, we can find peace that surpasses all understanding *(Philippians 4:7)*.

Furthermore, when we continually praise God, we can experience victory in our daily lives. When we face difficulties and trials, if we continue to praise God, we can feel stronger. Sometimes God puts us through difficult situations to teach us valuable lessons and strengthen our faith. By practicing praise and worship, we can gain strength to overcome adversity.

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> Keep your tongue from evil and your lips from telling lies.
> *— Psalm 34:13*

Book: Old Testament / Psalms
Topics: speaking, evil, gossip, lying, truth

Interpretation:
Psalm 34:13 calls for purity of speech—a recurring theme in the Bible, highlighting the importance of controlling our words and ensuring that what we say is always truthful, righteous, and edifying.

Why is it important to care for the tongue?

The tongue is a powerful tool that can be used for both good and evil. With our words, we can bless, comfort, encourage, and teach others, but we can also hurt, slander, and defame. *Proverbs 18:21* reminds us that "the tongue has the power of life and death," and *James 3:5-6* compares the tongue to a fire capable of kindling a raging flame.

Furthermore, our words reveal what is in our hearts. *Jesus* said in *Matthew 12:34*, "For out of the abundance of the heart the mouth speaks." Therefore, if we want to live a righteous life that is pleasing to God, we need to control our words and always speak to the glory of God.

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> My mouth is filled with your praise, declaring your splendor all day long.

> — *Psalm 71:8*

Book: Old Testament / Psalms
Topics: speaking, praise, worship

Interpretation:
In *Psalm 71:8*, the psalmist encourages us to ask God to fill our mouths with praise and our lives with His glory throughout the day. This verse reminds us of the importance of praise in the life of a believer. To praise God is to show our gratitude for all He has done for us; it is to acknowledge His greatness and power. It is an act of worship to the One who is worthy of all honor and glory.

The importance of praise in our lives

Constant praise is a practice we can practice every day of our lives, not just when we are in church or during prayer. It is an attitude we must develop to stay connected to God. Praise helps us focus on God and His power, rather than on our problems and difficulties. Through praise, we draw closer to God and gain a divine perspective on life.

Ask God to fill us with praise

In this verse, the psalmist teaches us to ask God to fill us with praise. Praise is not about us, but about God. Asking God to fill us with praise is admitting that we can do nothing without His help. We are demonstrating our dependence on Him. By asking God to fill us with praise, we also have a deeper trust in His power to accomplish His will.

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> I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.
> — *Psalm 9:1*

Book: Old Testament / Psalms
Topics: speaking, gratitude, heart, miracles, praise, worship

Interpretation:

This verse speaks to the importance of praise in the life of a believer. It is a call to give God the glory He deserves, recognizing His wonders and goodness. Praise is an attitude that should be part of our daily lives, not only in moments of joy or need, but always and in all circumstances.

Proclaim all His wonders

By telling all of God's wonders, we recognize the greatness of His power and the depth of His love. Praising God is not only a way to acknowledge His greatness but also a way to strengthen our faith. By recognizing what God has done in our past, we can entrust our future to Him.

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> For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.
> *— Romans 10:10*

Book: New Testament / Romans
Topics: speaking, acknowledging, confession, faith, Salvation

Interpretation:
This verse is crucial to understanding the connection between what we believe internally and what we express externally. *Romans 10:10* talks about justice and salvation, and how these two realities relate to our confession of faith.

Believe with your heart to obtain justice

The first thing *Paul* emphasizes in this verse is the importance of believing in the heart. In the Bible, the heart does not refer only to a physical organ, but is a metaphor for our spirituality, our inner world. Paul tells us that it is through the faith within us that we attain righteousness. What does this mean?

The justice in question here is not social justice, but divine justice. In other words, believing with your heart means recognizing that you are a sinner and in need of God’s salvation. It is believing that *Jesus* died on the cross for our sins and that through His sacrifice we can obtain the justice that God demands.

Confess with your mouth to be saved

The second aspect that this verse emphasizes is the importance of confessing with your mouth. Confession here does not mean admitting our sins to other people, but rather publicly confessing our faith in *Jesus Christ*. It means openly speaking about our faith in the Lord and declaring our devotion to Him.

This public confession is an important step in the life of a Christian because we join with other followers of Jesus and realize that we are part of a community of believers. In addition, public confession also helps us to strengthen our faith and become witnesses of God's love through our words.

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> If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.
>
> *— Romans 10:9*

Book: New Testament / Romans
Topics: speaking, acknowledging, confession, faith, Jesus

Interpretation:
Romans 10:9 is one of the most important and foundational verses in Christian teaching because it establishes that the only way to attain salvation is to confess faith in *Jesus Christ* as Lord and believe in His resurrection.

Confession of faith

The verse begins with the phrase, *“If you declare with your mouth, “Jesus is Lord”.”* The word *“declare”* implies a public declaration of our faith. That is, it is not enough to believe with all our hearts that Jesus exists; we must also proclaim it publicly.

Confession is not only an expression of our faith, but also an act of submission and obedience to God. In *Luke 12:8, Jesus* said, *“I tell you, whoever publicly acknowledges me before others, the Son of Man will also acknowledge before the angels of God.”* In other words, by confessing our faith in Jesus, we also ensure that He will publicly recognize us before the angels of God.

Belief in the resurrection

The second part of the verse says, *“and believe in your heart that God raised him from the dead.”* The word *“believe”* implies a deep personal conviction. That is, it is not enough to simply accept the idea of ??the resurrection, but we must believe it with all our being.

The resurrection is the most important event in the history of Christianity, for it is the irrefutable proof that Jesus was the Son of God. By believing in the resurrection, we affirm our faith in the divine sovereignty and victory of Christ over sin and death.

The promise of salvation

The verse ends with the promise, *“you will be saved.”* This phrase summarizes the entire meaning of the verse, for it establishes that confession and faith are the most important requirements for obtaining salvation.

Salvation is the most valuable gift we can receive, for it is liberation from the bondage of sin. Once saved, we secure for ourselves eternal life in the *Kingdom of God*, where we will enjoy complete peace and happiness.

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> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.
> *— Romans 8:26*

Book: New Testament / Romans
Topics: speaking, equipment, Prayer, Spirit, weakness

Interpretation:
Paul’s letter to the *Romans 8* presents a number of fundamental truths about the relationship between God and His children and how *the Holy Spirit* helps them in their weaknesses. *Verse 26* of this chapter calls us to consider how the Spirit helps us when we do not know what to ask for or how to pray properly.

Human weakness and the need for Divine help

First of all, it is important to note that Paul speaks of *“our weakness.”* In other words, he recognizes the limitations and fragility of human existence and that at times our difficulties may seem insurmountable and we do not know how to cope with them.

The importance of prayer and the Intercession of the Holy Spirit

In this context, Paul teaches us that the Holy Spirit is divine help. He says that the Spirit intercedes for us with groanings which cannot be uttered. That is, when we do not know what to ask for or how to pray properly, the Holy Spirit guides us and intercedes for us before *the Father in heaven*. This is a powerful and comforting truth.

We may be assured that the Holy Spirit helps and guides us in the midst of our weaknesses, and that our prayers are made more effective by His presence and help.

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> You, however, must teach what is appropriate to sound doctrine.
> — *Titus 2:1*

Book: New Testament / Titus
Topics: speaking, Evangelism, learning

Interpretation:
Before we dive into the verse itself, it’s important to understand what *“sound doctrine”* is. Sound doctrine refers to a set of biblical beliefs and teachings that are *true and helpful for Christian living*. In other words, it’s a set of biblical truths that allow us to know God and live life to the fullest.

Speaking sound doctrine is important for several reasons. First of all, speaking sound doctrine allows us to know and experience the truth of God. The Bible gives us clear teachings about who God is, what He has done for us, and how we can live in fellowship with Him. Speaking sound doctrine is the surest way to know and experience the truth of God.

Second, speaking sound doctrine protects us from false teachings and people who try to deceive us. Satan is the great deceiver, and he has always tried to distort the truth of God. Speaking with sound doctrine allows us to discern between truth and error and avoid falling into satan's traps.

Finally, speaking with sound doctrine allows us to be a light in the world and to bring the gospel to others. When we speak with biblical truth, we can bring the message of salvation to others.

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