

**Sometimes puffs of air are  
more powerful than g-forces**

*The words of the reckless  
pierce like swords. (12.18)*

2

**Sometimes puffs of air are  
more powerful than g-forces**

*Those who guard their lips  
preserve their lives, but  
those who speak rashly will  
come to ruin. (13.3)*

3

**Truth doesn't bend or twist;  
it breaks**

4

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*An honest witness does not  
deceive, but a false witness  
pours out lies. (14.5)*

5

**Truth doesn't bend or twist;  
it breaks**

*Jesus said, "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)*

6

**Say goodbye to gossip**

*There's nothing so delicious as the taste of gossip! It melts in your mouth. (18.8)*

*For lack of wood the fire goes out, and where there is no whisperer, quarrelling ceases. (26.20)*

7

**Say goodbye to gossip**

*A perverse person stirs up  
conflict, and a gossip  
separates close friends.  
(16.28)*

8

**Say goodbye to gossip**

*A gossip reveals secrets;  
therefore do not associate  
with a babbler. (20.19)*

*A wicked person listens to  
deceitful lips; a liar pays  
attention to a destructive  
tongue.*

10

### **Say goodbye to gossip**

*Listening to gossip is like eating cheap candy; do you really want junk like that in your belly? (18.8, The Message)*

11

### **Savour silence**

*Sin is not ended by multiplying words, but the prudent hold their tongues. (10.19)*

12

### **Savour silence**

*Even fools are thought wise  
if they keep silent, and  
discerning if they hold their  
tongues. (17.28)*

13

### **Don't use auto-play; press pause**

*The heart of the righteous  
weighs its answers, but the  
mouth of the wicked gushes  
evil. (15.28)*

15

**Don't use auto-play; press  
pause**

*Fools show their annoyance  
at once, but the prudent  
overlook an insult. (12.16)*

16

**We've got twice as many  
ears as mouths for a reason**

*To answer before listening —  
that is folly and shame.  
(18.13)*

18

**We've got twice as many  
ears as mouths for a reason**

*My dear brothers and sisters,  
take note of this: Everyone  
should be quick to listen,  
slow to speak and slow to  
become angry, because  
human anger does not  
produce the righteousness  
that God desires.” (James  
1.19-20)*

19

**We've got twice as many  
ears as mouths for a reason**

*The purposes of a person's  
heart are deep waters, but  
one who has insight draws  
them out. (20.5)*

20



**Choose your words carefully**

*The tongue of the righteous  
is choice silver, but the heart  
of the wicked is of little  
value. (10.20)*

*The lips of the righteous  
know what finds favour, but  
the mouth of the wicked only  
what is perverse. (10.32)*

21

**Choose your words carefully**

*The heart of the wise makes  
his speech judicious and adds  
persuasiveness to his lips.  
(16.23)*

22

**Choose your words carefully**

*A person finds joy in giving  
an apt reply — and how  
good is a timely word!  
(15.23)*

*If anyone loudly blesses their  
neighbour early in the  
morning, it will be taken as a  
curse. (27.14)*

24

**True love speaks difficult  
truths**

*Better is open rebuke than  
hidden love. Wounds from a  
friend can be trusted, but an  
enemy multiplies kisses.  
(27.5-6)*

25

### **True love speaks difficult truths**

*Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy. (31.8-9)*

26

### **Train your tone**

*A gentle answer turns away wrath, but a harsh word stirs up anger.” (15.1)*

*Gracious words are a honeycomb, sweet to the soul and healing to the bones. (16.24)*

*Anxiety weighs down the heart, but a kind word cheers it up. (12.25)*

28

**Words are like bricks –  
designed for building, not  
throwing**

*The words of the reckless  
pierce like swords, but the  
tongue of the wise brings  
healing. (12.28)*

29

**Words are like bricks –  
designed for building, not  
throwing**

*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)*

30

*The tongue of the righteous  
is choice silver, but the heart  
of the wicked is of little  
value. (10.20)*

*One whose heart is corrupt  
does not prosper; one whose  
tongue is perverse falls into  
trouble. (17.20)*

32

*Jesus said, "It is from within,  
out of a person's heart, that  
evil thoughts come—sexual  
immorality, theft, murder,  
adultery, greed, malice,  
deceit, lewdness, envy,  
slander, arrogance and folly.  
All these evils come from  
inside and defile a person."  
(Mark 7.21-23)*

33

**Seek the healer of hearts**

34

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35