

"If God be for us,  
Who can be against us?"

(Rom 8:31)

**Realities & Actualities**  
**GIVE US THIS DAY OUR DAILY BREAD**

"Lord, to whom shall we Go?  
You have the words of eternal life.  
And we believe and are sure that  
You are that Christ, the Son  
of the living God"

(John 6:68-69)

# LIFE & DEATH

by the

## MOUTH - LIPS - TONGUE - HEART

*"Is there injustice on my tongue?  
Cannot the taste in my jaws discern mischievous things?"* (Job 6:30).

*"For your iniquity teaches your **mouth**, and you choose the **tongue** of the crafty. **Your own mouth condemns you, and not I**: yea, your own **lips** testify against You"* (Job 15:5-6).

*"Help, Lord; for the godly man ceases; for the faithful fail from among the children of men. **They speak vanity every one with his neighbor**: with flattering **lips** and with a **double heart** do they speak. The Lord shall cut off all flattering **lips**, and the **tongue** that speaks proud things: "Who have said, "**With our tongue will we prevail; our lips are our own: who is lord over us?**"* (Psa 12:1-4).

It is a fact that the four cannot function separately but in combination, while the mind looks on wondering if they do good or bad. Humans can reason with their mind, but it seems never with their hearts, which prompted Jesus, the Creator to reminds us: *"Not that which goes into the **mouth** defiles a man/woman; but that which comes out of the **mouth**, this defiles a man/woman"* (Matt 15:11)... *"The plans of the **heart** belong to man; but the answer of the **tongue** is from God"* (Prov 16:1)... *"O generation of vipers, how can you, **being evil, speak good things?** For, out of the abundance of the **heart** the **mouth** speaks"* (Matt 12:34) if we ever listen to God's voice and teachings.

They can be balsam to bandage and heal others' shortcoming, transgressions and wounds devoid of any jealousy, covetousness, deceit, slander, **"Anger, wrath, malice, blasphemy, filthy communication out of the mouth. Lie not one to another, seeing that you have put off the old man with his deeds; and have put on the new man, which is renewed in knowledge after the image of Him that created him"** (Col 3:8-10), but more often they are the deadliest weapon in the arsenals of the wicked and those who do not heed God's commandments, be it love, mercy and being our brother/sister keepers not destroyers like Cain, and make of us by far prone to believe in lies like our father Adam and mother Eve: *"There is that speaks rashly like the piercings of a sword; but the **tongue** of the wise is health"* (Prov 12:18).

The biblical warnings are numerous, chief among them: **"Death and life are in the power of the tongue**: and they that love it shall eat the fruit thereof" (Prov 18:7+21)... *"They have set their **mouth** in the heavens (blaspheming), and their **tongue** walks through the earth"* (Psa 72:9)... *"For there is no faithfulness in their **mouth**; their inward part is very wickedness; **their throat is an open sepulcher**; They flatter with their **tongue**"* (Psa 5:9)... *"Keep your **tongue** from evil and your **lips** from speaking guile"* (Psa 34:13)... *"They have sharpened their **tongue** like a serpent; Adders' poison is under their **lips**"* (Psa 139:3)... *"A lying **tongue** hates those whom it has wounded; and a flattering **mouth** works ruin"* (Prov 26:28)... *"They bend their **tongue**, (as it were their bow), for falsehood; and they are grown strong in the land, but not for truth: for they **proceed from evil to evil, and they know not me**, says God"* (Jer 9:3)... *"Their **tongue** is a deadly arrow; it speaks deceit: one speaks peaceably to his neighbor with his/her **mouth**, but in his/her heart he/she lays wait for him/her"* (Jer 9:8).

**"He/she that hides hatred with lying lips, and he/she that utters a slander, is a fool. In the multitude of words sin is not lacking: but he/she that refrains his/her lips is wise.**

**The tongue of the righteous is as choice silver: The heart of the wicked is little worth. The lips of the righteous feed many: but fools die for want of wisdom"** (Prov 10:18-21).

St. Peter gives a good Christian recipe: "For *He/she that would love life, and see good days, let him/her refrain his tongue from evil, And his/her lips that they speak no guile"* (1Pet 3:10).

St. James warns us not to be "double minded and wavering" and command us "as sinners, to cleanse our hands and purify our hearts by drawing nigh to God" (Jam 1:8+4:8)... so God is compellingly showing His displeasure to all liars and slanderers: "I know your works, that you are neither cold nor hot, **I would you were cold or hot; so then, because you are lukewarm, and neither cold nor hot, I will spew you out of my mouth,** says the Lord" (Rev 3:15-16). "But the **fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars,** shall have their part in the lake which burns with fire and brimstone: which is **the second death**" (Rev 21:8). What a tragedy and heartbreak!

This is what a good and faithful Christian believes and complies with: "Whoso keeps his/her **mouth** and his/her **tongue**, keeps his/her soul from troubles" (Prov 21:23)... "He that slanders not with his **tongue**, nor does evil to his/her friend, nor takes up a reproach against his/her neighbor" (Psa 15:3):

"The Spirit of Jehovah spoke by me, and his word was upon my **tongue**" (2Sam 23:2)... "And my **tongue** shall talk of your righteousness and of your praise all the daylong" (Psa 35:28)... "As God lives, who has taken away my judgment; and the Almighty, who has vexed my soul; all the **while my breath is in me, and the spirit of God is in my nostrils; Surely my lips shall not speak unrighteousness, Neither shall my tongue utter deceit**" (Job 27:2-4)... "The **mouth** of the righteous talks of wisdom, and his **tongue** speaks justice" (Psa 37:30).

**Let us examine our hearts and meditate on St. James' question:**

**"Therewith (tongue) bless we God, the Father; and therewith curse we men? Out of the same mouth proceeds blessing and cursing?"** (Jam 3:8-11).

**"Do not change the truth of God into a lie ...Swear not at all... Let your communication be "Yea", "Yea"; "Nay", "Nay"; for whatsoever is more than these comes of evil"**

(Rom 1:25+Matt 5:34+37).

**"Whoever gossip and lie to you will gossip and lie about you"** (Spanish saying)

**"If you reveal your secrets to the winds,  
do not blame the winds for revealing them to the trees"**

(Gibran Khalil – Sand & Foam)

**“For he has made Him to be sin for us, who knew no sin;  
that we might be made the righteousness of God in Him”**

(2Cor 5:21)...

**How  
MIRACULOUSLY  
Wonderful  
to be a genuine  
Jesus-like Christian?**

**“Who did no sin,  
neither was guile/deceit  
found in his mouth”** (1Pet 2:22)