

Stick Out Your Tongue and Say ... **When your Talk matches your Walk.**

“You shall not misuse the Name of the Lord Your God, because the Lord will not hold guiltless anyone who misuses His Name.” Exodus 20:7

“Death and life are in the power of the tongue.” Proverbs 18:21

In her book, *You Are what you Speak*, author, Karen Burton Mains, a mother, tells the story of her son, Joel. She writes:

Every time I took Joel to see doctor, he treated the words, “stick out your tongue and say ahhhh” as personal challenge. Joel would warn her, “If anyone puts a stick down my throat, I’ll vomit.” She would reason with her son: “But Joel, you’ve been running a temperature and complaining about pain when you swallow. The doctor *HAS* to check your throat.”

And so, the two would find themselves in a little cubical in doctor’s office. Joel would sit on examining table with his gym shoes thumping against side of the table. Finally, the doctor’s nurse would come in. Cheerfully the nurse ask: “What seems to be the matter here?”

When the nurse heard that he had an elevated temperature and difficulty swallowing, sure enough, out would come jar of tongue depressors — those overgrown popsicle sticks.

Her son, Joel, would warn the nurse: “I’ll throw up if you stick those things down my throat.”

In spite of his mother’s wishes that her kids be tough and face down their fears sure enough, in would go the tongue depressor, and then would come the coughing, gagging, and crying, before Joel would create an embarrassing mess.”

Joel had an instant & strong negative reaction to the words, “stick out your tongue and say ahhh.”

A lot of people, even you and I, have a negative reaction to words, “stick out your tongue and say ahhh.”

It's important for doctors and nurses to examine the tongue for symptoms of disease. Tongue shows signs of what disease has taken hold INSIDE the body where it can't be seen.

The same is true for you, me, and all people. The words that come out of our mouths are symptoms. The words we speak reveal the disease down inside – the sickness down in your heart and soul.

So today, let's take a look at your words and what the words you say tell about the condition of your heart. Stick out YOUR tongue and say ahhh!"

What you say and the way you say it, always indicate the health or sickness of your heart. Even when you think you've carefully chosen your words and fooled everyone, they still indicate the health of your soul. In the Bible, the book of Proverbs says:

“For the lips of a loose woman drip honey, and her speech is smoother than oil; but in the end she is bitter as wormwood, sharp as a two-edged sword.” Proverbs 5:3 That means your words can sound good and be funny, cute, or eloquent, but they always say a lot about YOU. Our mouths reveal our hearts.

Often words slip out of our mouths quickly, without our thinking, words we wish we hadn't said, and words we wish we could take back. Which one of us hasn't in a moment of anger said something that you wish had never slipped out of your mouth?

A young mother had a colicky baby. The baby cried, and cried, and cried all the time. One day, in a moment of pure frustration, she blurt out, "I wish I had never had that baby! I wish he would just die so he would stop constantly crying!" Soon after, the child did die. It was a crib death. But that grieving mother wept over and over, "I didn't mean what I said. I didn't mean it I didn't want my baby to die."

Haven't you been like that mother and let the wrong words slip from your mouth? Thoughtless words; words of cursing; four-letter words; words you wish you hadn't said; words you'd like to stop the habit of saying?

Wayne State University did a study on profanity. They found that students used 1 off-color word for every 14 words spoken. For the average adult it was 1 cuss word for every 10. It's fashionable

today to be foul-mouthed. Our society has X-rated speech. Just listen to the TV, movies, and the people around you. I ask you, if the tongue is the part of the body that most reveals the heart, then what does our national profanity reveal about the heart and spirituality of our nation?

In the Second Commandment, God commands that you and I not misuse His name. the Reason He gives this commandment is that God is to be a living, active, important part of your life. When you use God's name thoughtlessly, your words reveal your heart – that is, they show that God doesn't have control of your life as He ought to. And if God doesn't have control over your life, then what kind of God is that? Is He just powerless? Is God even real if He can't even make a difference in your speech?

Today we say "You shall not MISUSE the name of the Lord Your God." The older English version goes this way: ***"You shall not take the name of the LORD your God IN VAIN, for the LORD will not leave him unpunished who takes His name in vain."*** Exodus 20:7 NASB

To take God's name "In Vain" sounds weird to us. We don't use the word "vain" much. Vain means something is empty, it's not real, unsubstantial, there's nothing there. Something vain is worthless. The original word written in Hebrew means something is like smoke. Have you ever seen someone who has the talent to blow a smoke ring. It's a kinda fun thing to see. Here's this ring of smoke floating in the air. It looks like a little cloud in the shape of a donut. But what happens immediately? It starts to fall apart. It just disappears. The shape is gone. It's nothing. You can't see anything at all there anymore. It's "vain."

This Commandment means don't treat God like He is nothing, like He's worthless, like God makes no difference at all. See, false gods aren't real. Some people may bow down to a statue and call it their god. But it's just stone or wood or plastic. There's no being there.

Any God other than the true God is false, not real. Vain. There's nothing there. Like a smoke ring. That means the words of those unreal gods are also not real, they mean nothing, they have no truth, no importance. So Buddhist sutras, the Muslim quran,

Hindu vedas, the teachings of scientology, the book of Mormon – I can go on and on – there is no god there, so the words aren't real, and all their teaching is False teaching.

Stay away from all that! It's junk. Its worthless. It's vain. It's empty. It will lead you away from the true God and lead you to an eternity in hell. So teaching about ANY other god is forbidden by the Second Commandment.

That includes "Satanic arts." Séances, tarot cards, ouji boards, your 1-900 psychic hotline, your daily astrology – anything you trust in to predict your future, anything or anyone you rely on to guide your life that isn't the true God is forbidden because it's empty. Just blowing smoke!

But the real God, His words are real. They are solid. They are like a rock that cannot be moved. You can build your life on God's words. You can base your hope for heaven on God's true, certain words.

God's name is a privilege for you to use. Your God is real, the great God who is above all, designing and creating all, ruling all. Yet, as great as God is, He stooped down to our level, came down from heaven. And He has given you His name and wants you to call upon Him.

So, how have you done with this? Let's do some self-evaluating. Stick out YOUR tongue and say, "Ahhhh!"

Jesus said, ***"I tell you that men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned."***

Matthew 12:36-37 This means one day, you will stand before God to be judged, and you will give account for every careless word!

Jesus' words here, remind me of the Watergate hearings 50 years ago in the early 1970's. Millions of Americans listen for the first time to the words of taped conversations spoken in the Oval Office of the White House. When those words were spoken, they thought they would remain private and hidden. What Americans discovered was that the President and the leaders entrusted with important affairs of our nation, they had profane mouths. It was a moment of national disgrace, shame, and dishonor when from the

halls and rooms of our country's leaders, we heard their careless words replayed for everyone to hear.

That's what it will be like on the Last Day, when the people of the world will stand before the Lord, God Almighty, and give an account for every careless word uttered. Stick out YOUR tongue and say, "Ahhh!" Examine your speech – does it show that God is real? Does it show that the only real living God has got control over your heart and your life?

Friends, your mouth doesn't only reveal soul sickness. Your mouth also reveals when your heart is healthy and well because you've been forgiven by the love and forgiveness of Jesus.

In the Jewish Talmud – which is the explanation of God's Law – there is a story about the great Rabbi Gamaliel. One day he told a student "bring me something good." The student went to market, and brought back a tongue. Then the Rabbi said, "Bring me something bad." Again student went to market and brought back a tongue. When asked why, the student said: **"A tongue ... may be the source of either good or evil. If it is bad, there is nothing worse. If it is good, there is nothing better."** Jewish Talmud

Do you recognize that you need to have a pure mouth? Do you see that your words need to point to reality of God and His real love for you in Jesus?

The remedy for a profane mouth is to turn to God the Holy Spirit. Ask Him to teach you new, loving, up-building talk. Ask Him to fill your heart with God. Ask Him to get control over every thought and desire you have, and the words of your mouth show that God is real and alive in you. Ask the Holy Spirit "Teach me"

Stick out your tongue and say "Lord, teach me."

"You will be brought before synagogues, rulers and authorities. But do not worry about how to stand up for yourselves or what to say. The Holy Spirit will teach you at that time what you should say." Luke 12:11-12

This is summertime and the time of year when we get a lot of bugs on the car windshield when we drive. When you're driving you may have to try to clear your windshield so you can see where you're going. You turn on the wipers, push the squirter gizmo, but no juice comes out. You forgot to fill your car up with washer fluid.

You just made your windshield a whole lot worse with smeared bug guts all over you're your windshield washer fluid first needs to be filled. YOU need to be filled. You need to be filled with God – the real God, living inside of you. That's Holy Spirit's job – to live in you and fill you. So, begin by sticking out your tongue and saying, "Lord, teach me." "Fill me with You. Fill my heart with Your love. Let my words reflect that You are real and in me.

Jesus promised that if you are ever in a spot when you don't know what to say about God; if you ever don't know what to pray, all you need is a willing heart. Just pray, "God, teach me. Use me!" And God will give you words! He will!

A cured tongue that shows God living in you says "God, teach me," and says "HELP!"

God WANTS you to come to Him. God INVITES you to come to Him whenever you need help. **Stick out your tongue and say "HELP."**

Hear these words, ***"Come to me, all you who are weary and burdened, and I will give you rest."*** *Matthew 11:28* God WANTS you to call to Him for help. Psalm 50 promises, ***"Call out to me when trouble comes. I will save you. And you will honor me."*** *Psalm 50:15*

Don't go to any false god for help. Why would you? They can't do anything to help because they aren't real. They are just smoke. But God is real and wants to help! How do you use your mouth to honor God? Cry out for help to Him whenever you need Him – which is every minute of every day!

And when God is living in you and it shows in your words, then, you know what? Other people around you will notice. That's right. Other people will notice when your words aren't full of anger. People around you will wonder why you don't join in when they are talking about someone behind their back. People will notice and wonder why you don't threaten to get even when you are wronged, but instead you forgive and move on. When cancer or death strikes your family, people will listen when you say you take it to God first and pray about it. They will be amazed that you will hurt and your heart will ache but you aren't crushed. Instead, you still have hope. And some of those people who notice your speech will ask you:

“What’s up with you? How come you react like that?” Maybe they will just say to you, “You got something different. Tell me about it. I want whatever it is that you have.”

Peter, the disciple Jesus appointed as the leader after He left them, Peter writes for us: ***“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,....”*** 1 Peter 3:15

People ask you about why you talk different – why you say words to build up, encourage, and forgive – they ask you and you get to say, **“I’m happy to explain.”** to other people.

God loves you so much, that He gives you opportunities to explain Him to others. Think about that! God is great God. All powerful. He’s the ONLY God. Yet, wants YOU to be His spokesperson. God allows His name to be in your words and on your lips.

“In our county half of the people are unchurched. HALF! These are people you know, people you work with, people you talk to regularly. Half don’t know God’s reality.

In our country, more and more people don’t know Jesus’ love and grace. Just listen to words people say on TV or what they say on the job site! They believe in empty, worthless, vain, smoke-like nobodies.

But YOU, you know the God who is real! Solid! His words are sure. He has come to you in Jesus to forgive you of every time you have used your words sinfully. He has loved you and made you His person. And, God has let you be His spokesperson. Show God real in words you use! Let words show – God real & living in YOUR HEART. Let your words indicate what and WHO is in your heart.

I remember a guy I knew. His name was Kerry. Kerry was from Texas. He called everyone – and I mean *everyone* “Bubba.” You’d see Kerry off in the distance and you’d hear him loud and clear, “Hey Bubba, What’s the good word?” That’s what Kerry always said, “Hey Bubba, What’s the good word?”

Isn’t that Great! The Good word is Jesus. Jesus is the Good Word! He is real, and living in you, and full of forgiveness and love.

And this real God is on your lips. You get to share Him with people in your life who are searching for something solid, something true.

The good word on your lips is Jesus. Amen.