

Spiritual Training Part 20

Speaking in Tongues to Help Us with Purity

Hello everyone!

Let's dive into a cool topic today: **Speaking in Tongues** and how it can help us stay pure in our spiritual journey. You know, purity is super important because our words show what's really going on in our hearts. If we don't keep an eye on our thoughts, our words might end up being not so great. So, it's good to ask ourselves: **What kind of words are we putting out there?**

There's a key scripture from **Matthew 12:34-37** that says our mouths speak from the overflow of our hearts. Basically, if we've got good stuff inside, good words come out. But if it's not-so-good stuff, well, you get the picture. On judgment day, we'll have to answer for every idle word we speak. Our words can justify us or condemn us.

So, how do we make sure we're speaking good things? One way is by being **deeply connected with the Word of God**. This means hearing, reading, studying, memorizing, meditating on, applying, and continuing in God's Word. If we skip these, it's hard to speak the Word when we need it.

Mark 7:18-23 tells us that what comes out of us can defile us. The **Greek word for "defile"** means to pollute or contaminate. God wants us to focus on what's pure and good.

Purity is crucial for spiritual health. The **Greek word for "pure"** means without moral defect. Every day, we choose what thoughts to entertain and what words to speak. **Here are some practical steps:**

- 1. Control What Comes into Our Mind:** Avoid negative influences.
- 2. Control Our Thoughts:** Be mindful of what we dwell on.
- 3. Control What Comes Out of Our Mouth:** Speak words that uplift.

The **Holy Spirit** plays a big role here. **Philippians 2:13** says God gives us the **desire** and **power** to do His will. Plus, **1 Corinthians 14:4** mentions that speaking in tongues edifies or builds us up.

1 Corinthians 14:4 (NKJV)

He who **speaks in a tongue** edifies himself, but he who prophesies edifies the church.

Speaking in tongues can be both a tool and a weapon:

- **As a Tool:** It helps **untangle** complicated thoughts and prevents new ones from forming.
- **As a Weapon:** It acts like a **spiritual radar**, letting the Holy Spirit detect issues and keep us pure.

Key Scriptures

Matthew 12:34-37 (AMP)

"For out of the fullness (the overflow, the superabundance) of the heart the mouth speaks. The good man from his inner good treasure flings forth good things, and the evil man out of his inner evil storehouse flings forth evil things. But I tell you, on the day of judgment men will have to give account for every idle (inoperative, nonworking) word they speak. For by your words you will be justified and acquitted, and by your words you will be condemned and sentenced."

Insight: What we put into our hearts will ultimately come out in our words, whether they are good or evil.

Contamination and Defilement

Our words can defile us. **Mark 7:18-23 (NKJV)** teaches us:

"Are you thus without understanding also? Do you not perceive that whatever enters a man from outside cannot defile him, because it does not enter his heart but his stomach, and is eliminated? And He said, 'What comes out of a man, that defiles a man.' For from within, out of the heart of men, proceed evil thoughts..."

In conclusion, speaking in tongues is super helpful for staying pure. It boosts our ability to control thoughts and words, leading us to live a life that reflects God's holiness.

Here's a memory verse and prayer from **Psalms 19:14**: "*Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer.*"

Let this verse be a heartfelt prayer guiding us in our quest for purity through the Holy Spirit's power. Let's aim to speak and think in ways that honor God.

Be blessed, in Jesus' name!

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