

The Ten Commandments for Today

The Ninth Commandment • Exodus 20:16

Toxic Talk

The Meaning of the 9th Commandment

"You shall not bear false witness against your neighbor."

Legally: Prohibits lying under **OATH IN COURT.** *Deuteronomy 19:15, 18-19*

Perjury is perverting justice by lying under oath in a court of law to **protect** the guilty or **attack** the innocent!

Generally: Prohibits lying to **ANYONE, ANYWHERE, ANYTIME.** *Ephesians 4:25*

The negative side of the commandment is: **DO NOT LIE!**

The positive side is: **TELL THE TRUTH!**

- Lying is an **EASY** sin.
- Lying is a **GATEWAY** sin. *James 3:5-6*
- Lying is a **HEART** sin. *Matthew 12:34; 15:18-19; Psalm 15:1-3; 51:6*

Specifically: Prohibits **TOXIC TALK** that dethrones God and defames the name of our neighbor. *Ephesians 4:29-31*

Toxic talk **POISONS** the name of our neighbor.

Detoxing our talk **PROTECTS** the name of our neighbor.

Three Reasons to Detox Our Talk

1. The Origin of Toxic Talk Is **DEMONIC.**

- Demonic Origin of Toxic Talk *John 8:44-47; Genesis 3:1-5; James 3:6; Acts 5:3*
- Deadliest Forms of Toxic Talk

GOSSIP: *Idle, careless chatter that is damaging to another's character or reputation and divisive in its outcome.*

SLANDER: *Intentional sharing of bad reports with impure motives in order to destroy another person's reputation—often with a proud, self-righteous justification.*

UNBALANCED Truth: *Not speaking the truth in love and seasoned with grace—truth without context or compassion.*

Ways We Justify This Kind of Toxic Talk...

- 1) It's the **TRUTH.**
- 2) I am getting others to **HELP.**
- 3) I am just **LISTENING.**

Instead of Passively Listening...

- 1) **CHANGE** the subject
- 2) **CONFRONT** the sin
- 3) **CHALLENGE** the speaker to go with you to talk with the person

2. The Outcome of Toxic Talk is **DEADLY.**

"Falsehood may have its hour, but it has no future." ~ François De Pressensé

- **SELF**-deceiving *Proverbs 19:5, 9; Deuteronomy 19:18-19*
- **RELATIONSHIP**-destroying *Proverbs 17:9; 16:28; James 3:5-6*
- **CHURCH**-dividing *Acts 5:1-11*
- **SOUL**-damning *Revelation 21:8; 22:15; Matthew 12:36-37; Psalm 5:6; 101:5; 15:1-3*

3. The Overcoming of Toxic Talk is **DIVINE.**

*"The LORD abhors a person who lies, but those who deal truthfully are his delight."
Proverbs 12:22 NET*

Check Yourself In for Detox

Detoxing Our Talk Is a Divine Work that God Delights to Do!

- SURRENDER** your **heart to the Lord** to **be transformed & teachable.** *Ephesians 4:20-24; Psalm 19:14*
- SUBMIT** your **tongue to the Lord** to **be tamed.** *James 3:7-8; Romans 6:12-14*
- STOP lying** and **START telling** the truth in love. *Ephesians 4:25b; 4:15; 4:29-32; Colossians 3:9*
- STRIVE** to **T.H.I.N.K.** before you speak: Is it **True?** Is it **Harmful?** Is it **Inspiring?** Is it **Necessary?** Is it **Kind?**

Daily Take God's Antitoxin

Renew Your Mind with God's Truth to Transform Your Heart and Tame Your Tongue!

- MEMORIZE & MEDITATE** on *Ephesians 4:29*
- MORE** for **MEMORIZATION & MEDITATION:** *Exodus 20:19; Matthew 15:18-19; Ephesians 4:15, 25-32; Colossians 3:9; Proverbs 12:18; 19:14; James 3:1-10*