

## Insert Foot In Mouth Disease

Have you heard of this disease? There is an outbreak of it in our world!

More than likely you have been exposed to it & have infected others with it!

Diagnosis check – Have you ever... Place a check next to those that apply

- \_\_\_\_\_ Hurt someone, or been hurt by someone w/hasty & careless words?
- \_\_\_\_\_ Spread a rumor that proved to be untrue?
- \_\_\_\_\_ Been the target of, or joined in with, gossip?
- \_\_\_\_\_ Watched your poor attempt at humor cause someone to be offended?
- \_\_\_\_\_ Slandered someone's name out of spite? Or been slandered?
- \_\_\_\_\_ Given, or been given, bad advice that harmed others?
- \_\_\_\_\_ Spoken the right words but at the wrong time?

If any of these apply, then you have been infected with this deadly disease!

None of us are immune to it, even the Apostle Peter lived with IFIM disease!

### Peter's Outbreak

Matthew 16:21-23

Matthew 26:30-35

Matthew 26:69-75

### Peter's Triggers

Control

Pride

Fear

If you suffer with IFIM disease what are your triggers?

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Is this disease treatable? Yes!

A Proverbs driven life can protect us from an outbreak of IFIM & can keep us from acting the fool! Treatment – A Proverb a day keeps the doctor away!

**Treatment schedule:** One proverb, every day, with reflection & application

**Monday – Proverbs 12:18 – “There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.”**

Reflection – Do my words bring life to others or do they seek to destroy?

Application – I will strive to speak only words of encouragement today!

**Tuesday – Proverbs 15:1 – “A soft answer turns away wrath, but a harsh word stirs up anger.”**

Reflection – How do I respond when someone confronts... me?

Application – Today I will speak softly when confrontation arises.

**Wednesday – Proverbs 17:27 – “Whoever restrains his words has knowledge, & he who has a calm spirit is a man of understanding.”**

Reflection – Do I overreact when \_\_\_\_\_ happens, and do I feel the need to tell others about it before considering the effects?

Application – I will take every thought captive today and hold my tongue until what I speak will be pleasing to God and helpful to others.

**Thursday – Proverbs 18:13 – “He who answers a matter before he hears it, it is folly and shame to him.”**

Reflection – Do I draw conclusions about things before I truly understand them? Do I react before knowing the truth?

Application- I will not jump to conclusions today before seeking out the truth.

**Friday – Proverbs 25:11 – “A word fitly spoken is like apples of gold in settings of silver.”**

Reflection – Do I consider not only what I say, but how, when, where and why I say it?

Application – Today I will look for the right time, the right place, with the right approach to speak words of encouragement to someone in my life.

**Saturday – Proverbs 27:6 – “Faithful are the wounds of a friend, profuse are the kisses of an enemy.”**

Reflection – Do I see honest rebuke within the context of a friendship as a display of love, or am I more drawn to flattery?

Application – I will lovingly confront sin in the life of a friend today, and I will invite loving accountability into my life from someone I trust.

We foolproof our lives by being wise with our words. The tongue is very small but it has powerful effects, both for good and for evil – James 3:4-5.

So if you have IFIM disease (and we all do), take a proverb a day, read it & apply it, and call me in the morning!

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