

# “The Quality of One’s Speech – What Your Words Say About You”

## Introduction: Words Are Like Spilled Coffee

Ever knocked over a cup of coffee? It’s a disaster. But here’s the thing: **the only thing that spills out is what was inside.** If there was coffee in the cup, coffee spills. If it was tea, tea spills. **You can’t spill what isn’t there.**

Sirach 27:4-7 tells us that when life **shakes us**, our true character spills out—**especially through our words.** Jesus, in **Luke 6:39-45**, reinforces this by saying:

*“From the fullness of the heart, the mouth speaks.”*

Translation? **Your words reveal what’s inside your soul.** If you constantly speak harsh, crude, or hurtful words, it’s not *just* a bad habit—it’s a **window into your heart.**

## 1. The Power of Words – More Than Just Sound Waves

People today talk without thinking. Swearing, gossiping, cursing others—these things have become so normal that many don’t even care. But Scripture is **very clear** that our words have **real power:**

- **Words can build or destroy.** “Death and life are in the power of the tongue” (Proverbs 18:21).
- **Words reveal your true self.** “A man is tested in his speech” (Sirach 27:7).
- **Words can corrupt you.** Jesus Himself says, “*What comes out of a person is what defiles him*” (Mark 7:20).

Yet, many people say:

- *“They’re just words! Who cares?”*
- *“Everyone swears, it’s not a big deal.”*
- *“God knows my heart, even if I talk like this.”*

But that’s exactly Jesus’ point: **If bad words are constantly coming out of you, what does that say about your heart?**

## 2. The Modern Crisis: Why People Don’t Care Anymore

Let’s be honest—society has **lost** its sense of the **power of words.**

- Swearing is everywhere—movies, music, even **kids** in school.
- Insults and sarcasm are **normal conversation** now.
- People say cruel things online they’d never say face-to-face.

But Jesus tells us:

*“On the day of judgment, people will render an account for every careless word they speak” (Matthew 12:36).*

Imagine standing before God, and He replays **every single word** you’ve ever said.  Yikes.

- Every angry insult? **Accounted for.**
- Every cruel joke? **Accounted for.**
- Every casual blasphemy? **Accounted for.**

The worst part? Many people have **lost their sensitivity** to this. They no longer feel guilty or ashamed. But just because something is *normal* in society **doesn't mean it's right.**

### 3. Your Words Shape You

Psychologists tell us that **words don't just reflect your thoughts—they shape them.**

- If you constantly complain, your mind becomes negative.
- If you swear all the time, your attitude becomes aggressive.
- If you speak kindly, your heart becomes more peaceful.

St. John Chrysostom said:

*“A slip of the foot may soon be recovered, but a slip of the tongue—who can restore?”*

In other words: **A broken bone heals faster than a broken heart caused by cruel words.**

### 4. Practical Steps: How to Clean Your Speech

If we want to improve the **quality of our speech**, we have to work on the **quality of our hearts.** Here's how:

- ✓ **1. Think before speaking.** → Would you say it in front of Jesus? If not, don't say it.
- ✓ **2. Catch yourself.** → If you slip up, immediately correct yourself.
- ✓ **3. Surround yourself with clean speech.** → What we listen to affects how we talk.
- ✓ **4. Replace bad words with good ones.** → Instead of swearing, say a quick prayer. (Seriously, try it.)
- ✓ **5. Apologize when you hurt someone with words.** → This builds humility and self-awareness.

### Conclusion: Be a Good Tree

Jesus said:

*“A good tree does not bear bad fruit, nor does a bad tree bear good fruit” (Luke 6:43).*

Your words are **your fruit.** Are they **sweet and life-giving?** Or are they **bitter and rotten?**

Saint Francis de Sales gives us the perfect advice:

*“When angry, count ten before you speak. If very angry, count one hundred.”*

Because in the end, **your speech is not just about words—it's about your soul.**  