"For by your words you will be justified, and by your words you will be condemned"

(Matthew 12:37)

From the Tongue Proceeds...

Seduction...

 "To keep you from the evil woman, From the flattering tongue of a seductress."
 (Proverbs 6:24)

Hypocrisy...

"With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so." (James 3:9-11)

Falling into Evil...

"He who has a deceitful heart finds no good, And he who has a perverse tongue falls into evil." (Proverbs 17:20)

Defilement...

Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man." (Matthew 15:11)

Contentions...

"Where there is no wood, the fire goes out; And where there is no gossip, strife ceases." (Proverbs 26:20)

Things to Remember While Struggling to Control the Tongue...

1. God Will Judge Every Word...

"But I say to you that for every idle word men may speak, they will give account of it in the day of judgment."
(Matthew 12:36)

2. Watch Your Heart...

"For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things." (Matthew 12:34-35)

3. No Gain From Lying...

The truthful lip shall be established forever, But a lying tongue is but for a moment." (Proverbs 12:19)

4. The Gentle Tongue is Very Strong...

By long forbearance a ruler is persuaded,
 And a gentle tongue breaks a bone."
 (Proverbs 25:15)

5. You Will Never Regret Silence...

"In the multitude of words sin is not lacking, But he who restrains his lips is wise." (Proverbs 10:19)

6. Ask For God's Help...

"Set a guard, O LORD, over my mouth;
 Keep watch over the door of my lips."
 (Psalm 141:3)