



**When slow is better than fast.  
Proverbs 29:11**

A wise and quiet spirit wisely controls its lips.

1) Cool your spirit. Calm down.

2) Restrain your lips. Quiet down. (15:28; 10:19;  
21:23; 29:11)

Be filled (controlled) by the Holy Spirit. (Eph 5:18)

Speak the truth in love. (Eph 4:15)

3) The perfect word. (30:5-6)

God's Word

Jesus' example

How does this apply to me?



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