



Watch Your Mouth

September 13 & 14, 2025

Numbers 20:1-13 (NIV)

In the first month the whole Israelite community arrived at the Desert of Zin, and they stayed at Kadesh. There Miriam died and was buried.

Now there was no water for the community, and the people gathered in opposition to Moses and Aaron. They quarreled with Moses and said, “If only we had died when our brothers fell dead before the LORD! Why did you bring the LORD’s community into this wilderness, that we and our livestock should die here? Why did you bring us up out of Egypt to this terrible place? It has no grain or figs, grapevines or pomegranates. And there is no water to drink!”

Moses and Aaron went from the assembly to the entrance to the tent of meeting and fell facedown, and the glory of the LORD appeared to them. The LORD said to Moses, “Take the staff, and you and your brother Aaron gather the assembly together. Speak to that rock before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink.”

So Moses took the staff from the LORD’s presence, just as he commanded him. He and Aaron gathered the assembly together in front of the rock and Moses said to them, “Listen, you rebels, must we bring you water out of this rock?” Then Moses raised his arm and struck the rock twice with his staff. Water gushed out, and the community and their livestock drank.

But the LORD said to Moses and Aaron, “Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them.”

These were the waters of Meribah, where the Israelites quarreled with the LORD and where he was proved holy among them.

8 Reasons We Forget to Watch Our Mouth:

- **triggers**
Close relationships trigger deeper emotions and vulnerabilities. When someone we love challenges us or we feel misunderstood, it provokes strong reactions.
- **High**
We often care deeply about our loved ones, which can make conflicts feel more intense. The fear of losing that connection or feeling rejected can lead to heightened emotions.
- **Communication**
In familiar relationships, individuals may fall into negative communication patterns, such as criticism or defensiveness, which can escalate conflicts.
- **and fatigue**
External stressors, such as work or financial issues, can leave individuals feeling drained and more likely to lash out at the closest person to them.
- **issues**
Past grievances, unresolved conflicts, or deep issues of unfaithfulness can resurface in moments of anger, leading to hurtful comments that may not directly relate to the current issue.
- **and insecurity**
People may resort to anger when they feel vulnerable or insecure. They attack others as a defense mechanism to protect themselves from feeling exposed.
- **Lack of** **regulation**
Some individuals may struggle with managing their emotions effectively, which can lead to outbursts when they feel overwhelmed.
- Sometimes people project their own feelings of inadequacy or frustration onto their loved ones, leading to hurtful remarks.

Proverbs 18:21 (NIV)

The tongue has the power of life and death, and those who love it will eat its fruit.

5 Realities about Our Words:



I often say the wrong thing when I am and .

Numbers 20:2 (NIV)

Now there was no water for the community, and the people gathered in opposition to Moses and Aaron.

2 Factors of Moses' Frustrations:

- He had _____ a nation of complainers for 40 years.

Numbers 11:1 (NIV)

Now the people complained about their hardships in the hearing of the Lord, and when he heard them his anger was aroused. Then fire from the Lord burned among them and consumed some of the outskirts of the camp.

- He _____ their selfishness cause his sinfulness.

Numbers 11:10-15 (NIV)

Moses heard the people of every family wailing at the entrance to their tents. The Lord became exceedingly angry, and Moses was troubled. He asked the Lord, "Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me? Did I conceive all these people? Did I give them birth? Why do you tell me to carry them in my arms, as a nurse carries an infant, to the land you promised on oath to their ancestors? Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!' I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, please go ahead and kill me—if I have found favor in your eyes—and do not let me face my own ruin."

Real life action:

_____ before I speak and ask myself: "Am I tired? Am I triggered? Am I speaking out of weariness instead of wisdom?"

2 _____ I can use my words to tear down the people I'm called to _____.

Numbers 20:10b (NIV)

Listen, you rebels...

- Moses doesn't speak to them, he speaks at them.

Proverbs 12:18 (NIV)

The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Real life action:

_____ when I speak out of anger, I stop loving and I start wounding.

Question to commit to prayer:

Will I use my words to build up or tear down?

3

I always misrepresent God when I speak without _____.

Numbers 20:10b (NIV)

...must we bring water out of this rock?

- Moses shifts from relying on _____ to relying on _____.

Colossians 4:6 (TPT)

Let every word you speak be drenched with grace and tempered with truth and clarity. For then you will be prepared to give a respectful answer to anyone who asks about your faith.

“The loudest and angriest person in the room is actually the weakest and never reflects the Spirit of God.”

– Unknown

Real life action:

Always reflect the _____ of Jesus because I am speaking on His behalf.

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I can wreck relationships and jeopardize my influence in the future with one _____.

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Then Moses raised his arm and struck the rock twice with his staff. Water gushed out, and the community and their livestock drank. But the LORD said to Moses and Aaron, “Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them.”

2 Results of Moses’ Outbursts

- God still provided for the people, but Moses missed the Promised Land because of his uncontrolled _____.
- Moses was a powerful leader, but his _____ cost him his final step of leadership.

Psalms 141:3 (NIV)

Set a guard over my mouth, Lord; keep watch over the door of my lips.

Real life action:

_____ relationships I can keep instead of
_____ bridges I regret.



If I _____ from my mistakes God will transform my words and life.

While Moses didn't enter the Promised Land, he still

_____.

3 Ways Moses Finished Well:

- He _____ leadership to Joshua, who he had mentored.

Deuteronomy 31:7-8 (NIV)

Then Moses summoned Joshua and said to him in the presence of all Israel, "Be strong and courageous, for you must go with this people into the land that the Lord swore to their ancestors to give them, and you must divide it among them as their inheritance. The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

- He _____ the first 5 books of the Bible.

Deuteronomy 31:9 (NIV)

So Moses wrote down the entire law and gave it to the Levitical priests, who carried the ark of the covenant of the Lord, and to all the elders of Israel.

- Moses spoke a _____ over Israel before they entered the land.

Deuteronomy 33:1 (NIV)

This is the blessing that Moses the man of God pronounced on the Israelites before his death.

Proverbs 10:11 (NIV)

The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence.

Real life action:

When I've failed with my words, I can easily repent, reset, and start _____ today.

1 Corinthians 14:19, 15:3-4 (NIV)

But in the church I would rather speak five intelligible words to instruct others than ten thousand words in a tongue... For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures.



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- **High stakes**
We often care deeply about our loved ones, which can make conflicts feel more intense. The fear of losing that connection or feeling rejected can lead to heightened emotions.
- **Communication patterns**
In familiar relationships, individuals may fall into negative communication patterns, such as criticism or defensiveness, which can escalate conflicts.
- **Stress and fatigue**
External stressors, such as work or financial issues, can leave individuals feeling drained and more likely to lash out at the closest person to them.
- **Unresolved issues**
Past grievances, unresolved conflicts, or deep issues of unfaithfulness can resurface in moments of anger, leading to hurtful comments that may not directly relate to the current issue.
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People may resort to anger when they feel vulnerable or insecure. They attack others as a defense mechanism to protect themselves from feeling exposed.
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Some individuals may struggle with managing their emotions effectively, which can lead to outbursts when they feel overwhelmed.
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Real life action:

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2 I can use my words to tear down the people I'm called to **build up**.

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