

## Friendship Deeds, From A-Z



### **uzzle Your Mouth Muscle! (say that 3 times fast!)**

#### **Proverbs 10:19**

***“Those who talk a lot are likely to sin. But those who control their tongues are wise.”***

#### **v. muzzle**

**Definition:** gag, quiet

**Antonyms:** free, let go, liberate

Since ancient times, many animals have been restrained in order to help or protect humans. One interesting example is that of the ferret: They were kept and trained as pets to chase away rabbits and mice that were spreading diseases, but they would have to be muzzled and leashed so that they wouldn't eat the animals underground.

Today, these same methods are used in animals for training, for restraining and for protection. They can be a cruel thing if they are used in a harmful way, but if they are used correctly, animals can be better behaved and healthier as a result.



Muzzles are used on horses sometimes to keep them from grazing too much in the fields. An overweight, lazy horse does not make for a happy, healthy horse.

Large, protective dogs can be muzzled to keep them from hurting other animals or humans. Muzzles can be used on other dogs to train them from barking, biting or chewing too much. Also, veterinarians will use them when they are treating animals so they won't bite while in pain or distress.



While no person today would actually put a muzzle over his or her own mouth, the Bible still tells us that we need to control our tongues. The words you say can be used for good or for bad. They can help others or they can hurt others. While God gave you a mouth so that you could speak freely, He also intended you to use His Word as a leash to know how far you can go with your words or actions before He would like you to stop. The Scripture at the top teaches that the more you talk, the more your chances go up for hurting someone, causing an argument or telling lies. If you truly want to use your tongue for praise instead of pestering, try praying....ask the Lord to help you put an imaginary muzzle on your mouth when need be, so that you and your friends can be healthy, happy and wise, using your words for the glory of God. Muzzle UP! 😊

**Discuss the following questions with your parent/s:**

- 1. Read James 1:19-20. What is one way to help you muzzle your mouth?**
- 2. Why do you think that the more you speak, the more likely you are to sin?**

*Don't nod off yet, "N"s turn is next. He thinks his lesson is good, better and best.*