

# BEFORE YOU SPEAK

**T.H.I.N.K.**

**IS WHAT I'M SAYING:**

**T** RUE     

**H** ELPFUL  

**I** NSPIRING 

**N** ECESSARY 

**K** IND     

“Don’t let any evil talk come out of your mouths.  
Say only what will help to build others up and meet their needs.  
Then what you say will help those who listen.” EPHESIANS 4:29

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