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SUNDAY MESSAGE NOTES AND INTERACTIVE PDF

Your Words: Poison or Antidote

What fills the heart shapes the thoughts, directs the tongue, and produces either poison or life; the Word of God renews the mind and brings every thought into obedience to Christ.

SERMON TITLE	MINISTER
Your Words: Poison or Antidote	Pastor Jason Gillick
DATE	PRIMARY SCRIPTURE
Sunday, August 2, 2026	James 1:21-26 ; 2 Corinthians 10:3-6

TOPICS [Power of Words](#) | [Guarding the Heart](#) | [Renewing the Mind](#) | [Spiritual Warfare](#) | [Word of God](#)

NOTES

Truth to carry into the week.

01 What you store in your heart will come out of your mouth.

- Receive the implanted Word with meekness; it is able to save and restore the soul. ([James 1:21](#))
- Continually store good treasure in your heart so your mouth has life and blessing to release. ([Luke 6:45](#))
- Guard your heart diligently because the issues of life flow from it. ([Proverbs 4:23](#))

“You want to sow the Word into your heart so that you do have something good to say.”

STUDY [James 1:21-26](#); [Luke 6:45](#); [Proverbs 4:23](#)

02 The enemy plants poison in the mind before it appears in your words.

- Satan works through lies, offense, confusion, temptation, and false perceptions to gain access to the heart and mind. ([2 Corinthians 2:11](#))

- A thought that is repeatedly entertained becomes a stronghold, shapes the emotions, and eventually speaks through the mouth. ([2 Corinthians 10:4-5](#))
- Treat sin as the destroyer it is; its wages are death, while Jesus came to give life. ([Romans 6:23](#); [John 10:10](#))

“The goal is to get your mind to meditate on that and think it over and over and over until what comes out of our mouth is poison.”

STUDY [2 Corinthians 2:11](#); [2 Corinthians 10:4-5](#); [Romans 6:23](#); [John 10:10](#)

03 You are responsible to guard your heart and refuse offense.

- Another person may be wrong, but you remain responsible for keeping your own heart right before the Lord. ([Proverbs 4:23](#))
- Do not permit hurt to become stored treasure that produces hurtful speech. ([Luke 6:45](#))
- Let the Word discern the thoughts, intentions, and hidden motives operating within you. ([Hebrews 4:12](#))

“We are the keeper of our own heart. We are responsible to guard our heart.”

STUDY [Proverbs 4:23](#); [Luke 6:45](#); [Hebrews 4:12](#)

04 The Word and the blood of Jesus are God’s antidote to the enemy’s poison.

- When a lie is exposed, repent quickly and refuse to let its venom remain unchecked. ([1 John 1:9](#))
- Wash the heart and mind with the Word until the lie loses its influence. ([Ephesians 5:26](#))
- Stand in what the blood of Jesus has accomplished and hide yourself in God rather than accepting the enemy’s verdict. ([Revelation 12:11](#); [Colossians 3:3](#))

“The antidote is the Word of God. It’s the blood of Jesus. The antidote is to hide yourself in God.”

STUDY [1 John 1:9](#); [Ephesians 5:26](#); [Revelation 12:11](#); [Colossians 3:3](#)

05 Take every thought captive with the Word of God and prayer.

- People are not your enemy; the battle is spiritual, so natural weapons cannot tear down spiritual strongholds. ([2 Corinthians 10:3-4](#))
- Cast down every argument that exalts itself against the knowledge of God. ([2 Corinthians 10:5](#))

- Compare every thought and feeling with Scripture, then reject whatever does not agree with God's truth. ([Romans 12:2](#))

“Recognize the lie and say, ‘No. I will not succumb to this. Get out of my life. You are a liar.’”

STUDY [2 Corinthians 10:3-6](#); [Romans 12:2](#)

06 A renewed mind produces words of life, grace, and obedience.

- Present yourself to God as a living sacrifice instead of conforming to the patterns of the world. ([Romans 12:1-2](#))
- Renew your thoughts and beliefs through the Word until your life demonstrates God's good, acceptable, and perfect will. ([Romans 12:2](#))
- Do not stop at silence; grow until the Spirit of God leads your mouth to edify, bless, and impart grace. ([Ephesians 4:29](#))

“We want to get to that point where we’re led by the Spirit of God to speak life and words of grace.”

STUDY [Romans 12:1-2](#); [Ephesians 4:29](#); [Proverbs 18:21](#)

SCRIPTURE INDEX - NKJV

Read the Word in context.

[Proverbs 4:23](#)

[Proverbs 18:21](#)

[Luke 6:45](#)

[John 10:10](#)

[Romans 6:23](#)

[Romans 12:1-2](#)

[2 Corinthians 2:11](#)

[2 Corinthians 10:3-6](#)

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[James 1:21-26](#)

[Hebrews 4:12](#)

[1 John 1:9](#)

[Revelation 12:11](#)

What will come out of your heart?

What have you been storing in your heart through what you watch, hear, and continually think about?

Which thought, offense, or false perception must you take captive today?

What Scripture will you use as God's antidote to the lie you have been confronting?

Whom can you intentionally strengthen this week by speaking words of life and grace?
