

# FamilyLife Blended® Radio Transcript

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## Hold Your Tongue (Proverbs 11)

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**Ron:** Did you know that when it comes to your neighbor, the Bible says that if you can't say anything nice, don't say anything at all?

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** My guess is you've heard your parents say that at least once in your life. The Bible puts it this way in Proverbs 11, "Whoever belittles his neighbor lacks sense, but a man of understanding remains silent."

You know, the co-parents that I've met through the years that really impressed me lived by this verse. Though they sometimes were tempted to say negative things about their ex or to their child about their extended family they chose to say nothing at all. See, they understand that negativity invites negativity and that hurtful words cause wounds, and that children suffer when parents belittle each other. If you can't say anything nice, hold your tongue. For FamilyLife Blended I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife. Help for today. Hope for tomorrow.

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