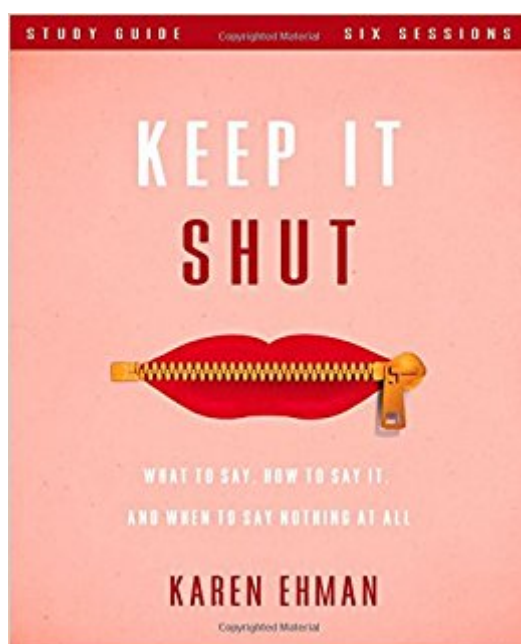


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# Keep It Shut Study Guide: What To Say, How To Say It, And When To Say Nothing At All



## Synopsis

From Bible times to modern times women have struggled with their words: what to say and how to say it. What not to say. When it is best to remain silent. Or what to do when you've said something you wish you could now take back. Beyond just a "How not to gossip" study, Karen will teach what the Bible says about the many ways we are to use our words and the times when we are to remain silent. Using our speech to interact with friends, co-workers, family and strangers will be covered along with the many places we use our words such as in private, in public, online and in prayer. Even the words we say silently to ourselves. Unsolicited opinion-slinging, speaking the truth in love, not saying words just to people-please and dealing with our verbal anger are sub-topics that will also be addressed. Each session will feature a different character from the Bible, using them either as an example of someone to emulate or whose verbal actions we should avoid replicating. Sessions include: Sparks, Squabbles, Spats, and Such: Our Words Matter On Filling Gaps and Zipping Lips: Listen to Others, Talk to God Opinion-Slinging and Salty Speech: Assessing Our Digital Tongues Gossip, Flattery, and People-Pleasing: How to Speak the Truth in Love Pause Before You Pounce: On Cultivating Soft Speech As Sweet as Honey: Wonderful Ways to Use Your Words Designed for use with the "Keep It Shut" Video Study (sold separately).

## Book Information

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## Customer Reviews

Karen Ehman is a Proverbs 31 Ministries speaker, a New York Times best-selling author, and a

writer for Encouragement For Today, an online devotional that reaches over one million women daily. She has written seven nine books including KEEP IT SHUT: What to Say, How to Say It & When to Say Nothing at All and LET. IT. GO: How to Stop Running the Show & Start Walking in Faith. Married to her college sweetheart, Todd, and the mother of three, she enjoys antique hunting, cheering for the Detroit Tigers, and feeding the many teens who gather around her kitchen island for a taste of Mama Karen's cooking. Connect with her at [www.karenehman.com](http://www.karenehman.com).

This book is so awesome! It really hit home with me and my big mouth! I felt Karen had been around when I opened my mouth before and was talking to me personally. You will love this book--easy read and you will not be able to put it down.

Karen Ehman writes as if she's sitting right next to you have a cup of coffee and a conversation. She places life experience with biblical truth on how to control your tongue. This is a great book. I pray God blesses her for her obedience to write it.

Great book! Easy reading and good insight on how to use our words to glorify and honor God and others. What a reminder of how we truly communicate with others. We have used this book, along with the workbook and DVD for our ladies Bible study. It has been very well received. This has been the largest Ladies Bible study yet at our church..... 39 ladies!

I admit that this book was exactly what I needed. Some of the truths are hard to hear but necessary for growth. If the title speaks to you or intrigues you at all, you need to read this book. It's based on Christian principles and relies heavily on Proverbs for advice and the reasons why it is so important to guard our tongues. I would recommend it to anyone who regularly says things they regret.

This book came on Book Bub just in time. I'm always struggling with the right thing to say, or not say. And in particular when to speak up online and how to handle some public conversations. I definitely took away some nuggets and will make use of them immediately. Hopefully people might notice something more positive soon...

This book took me longer to read than normal. Not sure why. It's well written, reads easy and has a sound base of Biblical knowledge. Perhaps it's just not the time I needed to read it. Luckily, I have it on my Kindle and when I need to hear these words it'll be there for me.

DVD was horrible. Just a regurgitation of what can be read. The book could have been cut in half. Each chapter had half of her stories which we couldn't decide if they were there to make her feel good or to make us think more or less of her. Lots of rambling. However, the latter half of each chapter had some really valuable info. It's a shame it was published this way. Did this study in 2 different groups at the same time and all had the same opinion.

excellent book, but workbook is redundant, only buy one or the other

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