The THINK Filter

Five Questions to Ask Before You Speak

T

Is it True?

Not assumed. Not rumored. Not what you heard through someone else. Actually true and verified.

H

Is it Helpful?

Does it move something forward or solve something? Or does it just release pressure for you?

I

Is it Inspiring?

Does it build up, encourage, or point someone toward something better?

N

Is it Necessary?

Most of what the tongue wants to say is commentary, opinion, and reaction dressed up as contribution.

K

Is it Kind?

True things can still be cruel. Kind doesn't mean soft — it means delivered with the other person's dignity intact.

Ephesians 4:29 (NLT): "Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them."