# Talking Loud & Saying Nothing

From Mental Incapacitation to Spiritual Transformation

Terwana J. Brown

Talking Loud and Saying Nothing is not a work of fiction, nor is it meant to represent a particular dispensation of time. Rather it is a compilation that represents the author’s personal perspective of real life experiences and encounters throughout her life.

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# Preface

**Peace Be Still**

Wisdom cries aloud in the streets [Proverbs 1:20 ESV], but are we too busy talking to listen and understand?

Church folk, not all but yes some church folk, are committing perjury and compromising the integrity of the kingdom. They’re persecuting the perceived non-believers and the righteous alike according to their own form of godliness while deceiving themselves into believing they’re doing it all God’s way. We need the meat of the word not the table scraps of preachers emotions laced with damnation through the word.

*I feel so much turmoil inside,*

*I’m so grateful to you God, in whom all I confide.*

*I have to pull myself together I can’t lay here all day long,*

*My voice is stuck on mute, my motives are right but my emotions seem wrong.*

*Why me is not the question,*

*Please show me what I am to get from this lesson.*

*My stomach is in knots and my eyes are filled with tears,*

*Help me to let go and cast upon you all my fears.*

*Lord, I’m sitting here it’s just me and you,*

*I’m fervently seeking you for guidance. Please tell me what to do.*

*My emotions are all across the board,*

*I can’t look back I must have faith and press on towards.*

*Talk is cheap, so I’ve heard.*

*Your actions can say a whole lot without you uttering a word.*

*Some believe, ‘do what I say and not what I do.*

*You may want to check your walk if your talk contradicts you.*

Spiritual transition is on the rise as true worshippers and God chasers seek houses of worship that preach the word of God and build members not numbers. Talking Loud and Saying nothing cuts to the core of spiritual corruption and depravity, addressing real issues that get swept under the rug. Too many are on the outside not wanting to come in and even more are on the inside wanting to get out. Out of what, bondage! I gave my life to Christ getting free from bondage only to find myself wondering how in the world I ended up there again, yet inside the church. What was I bound to, control. How did I get free, I walked out of “church” and into the presence of God. Where the spirit of the Lord is there is liberty[[1]](#footnote-1) (freedom), Jesus already paid the price and we must understand that going to church[[2]](#footnote-2) is only a part of our journey. Likewise we must walk the lives that we talk[[3]](#footnote-3) about inside the church understanding that it’s about more than assembling ourselves in the church buildings, it’s about relationship.

We need to marinate in the word [meditate day and night[[4]](#footnote-4)] and do there in [faith without works is dead[[5]](#footnote-5)]. We’ve got to hang in there, wait on God, and keep moving forward with our hand to the plow[[6]](#footnote-6) until the Spirit reveals a plan [write it on tablets and make it plain[[7]](#footnote-7)] on how to proceed. I’ve learned along the way that if we just obediently move forward in faith on step one the rest will fall into place.

Philippians 4:6 tells us “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God.” Are you looking for spiritual elevation but wondering why a shift hasn’t taken place? Are you seeking God but feeling like your prayers aren’t being answered? Well get in the habit of going before God, just to hear what he has to say to you. Too often we’re taking our petitions to Him but not spending enough time seeking Him for what He has for us. We impatiently await answers instead of patiently and graciously investing time in our relationship with God who will guide us in daily life and/or situations. Some times we’re so busy talking we miss what the spirit has to say to us. Isaiah 55:6 tells us to “*seek the LORD while he may be found”.* As you seek HimI encourage you to spend time listening and watching the spiritual elevation you receive as the spirit speaks to your needs.

Serenity is a wonderful thing, if we use it right. I encourage you to learn how to bask in the silence of alone time with God. As you embark on this journey of blatant realities in Talking Loud and Saying Nothing I challenge you “also do not take to heart everything people say[[8]](#footnote-8)”, “for many times, also, your own heart has known that even you have cursed others[[9]](#footnote-9).”

# Introduction

Welcome to the humble abode of my mind. You are about to go on a journey of true love, joy, peace, suffering, restoration, trials and triumph.

It is my request of you to observe a moment of prayer for a spirit mind-view at each sitting before you read this book. The footnotes have been provided not only as a reference, but also to encourage you to seek the Word of God. For too long people have relied on the bible knowledge of others [which may or may not have been correct], it’s time to get in the word for yourself and walk in the freedom of the knowledge of truth.

*Father God in the name of Jesus,*

*Thank you for affording me the opportunity to share your love with all people. Please bless every reader. It’s no coincidence that they’ve picked up this book. Expound their thinking to see every word through the eyes of Jesus. Allow them to dig deep into their mind as you release them from every stronghold and weight. Take them beyond human comprehension. Search their hearts Father, remove anything that’s not like you. Father, set your captives free! Give them a fresh anointing. Give them insight and understanding. Bless them with an undeniable spiritual encounter that draws them closer to you. If there be one that knows you not, I pray they repent, surrender their life and will to you, and welcome you into their heart as they confess with their mouth and believe with their heart that Jesus Christ is Lord. In Jesus’ name! Amen!*

*Your Servant,*

*Terwana J. Brown*

# Dedication

I dedicate this book to silence, the one thing that speaks louder than words. In the middle of the night, or at the break of day, silence awakens me and calls me by name.

Silence gives me peace in the midst of chaos.

Silence listens when no one else is around.

Silence understands when I can’t find the words to say.

Silence, I dedicate this book to your still small voice.

**Jesus, I love you and I’m grateful for my choice.**

I choose life in you, the one in whom I breathe and move.

Thank you for releasing the words you’ve put in my heart and giving me the opportunity to share you with the world.

I willingly spread the goods news of Jesus Christ, my Lord and Savior, my Strong Tower!

In His Service,

Terwana J. Brown

# The Words of My Heart

*Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer.*

-Psalm 19:14

The [silent] words of my mouth can easily get caught up in my needs, my petitions, the needs of others, and on and on and on and on the list goes. I don’t voice everything that I feel but my emotions sometimes tell it all. Ecclesiastes tells us “there’s a time and season for everything under the heaven”. I didn’t make this up. Check it out for your own self the third chapter makes it plain. In fact verse seven specifically says “A time to keep silence, and a time to speak;”

The Word of God from Psalm 119 echoes the meditation of my heart…

“129Your rules are wonderful. That is why I keep them. 130Learning your words gives wisdom and understanding for the foolish. 131I am nearly out of breath. I really want to learn your commands. 132Look at me and have mercy on me as you do for those who love you. 133Guide my steps as you promised; don’t let any sin control me. 134Save me from harmful people so I can obey your orders. 135Show your kindness to me, your servant. Teach me your demands. 136Tears stream from my eyes, because people do not obey your teachings. 137LORD, you do what is right, and your laws are fair. 138The rules you commanded are right and completely trustworthy. 139I am so upset I am worn out, because my enemies have forgotten your words. 140Your promises are proven, so I, your servant, love them. 141I am unimportant and hated, but I have not forgotten your orders. 142Your goodness continues forever, and your teachings are true. 143I have had troubles and misery, but I love your commands. 144Your rules are always good. Help me understand so I can live. 145LORD, I call to you with all my heart. Answer me, and I will keep your demands. 146I call to you. Save me so I can obey your rules. 147I wake up early in the morning and cry out. I hope in your word. 148I stay awake all night so I can think about your promises. 149Listen to me because of your love; LORD, give me life by your laws. 150Those who love evil are near, but they are far from your teachings. 151But LORD, you are also near, and all your commands are true. 152Long ago I learned from your rules that you made them to continue forever.”

–Psalm 119:129-152 (NCV)

I’d read the entire 119th Psalm before, but I hadn’t received it this way before. Each time that I’ve read it I found myself in it. To God Be the Glory, this time I saw myself in a whole different light. It revealed my spiritual structure.

I finally understood my sleeping habits. [Psalm 119:148]

 *There are times when I’ve stayed up until 4:00 a.m. meditating and reading the Word of God and books. It’s not an unusual sight to find me sitting in the floor with more than one bible, a Matthew Henry Commentary, a Strong’s Dictionary. Or to find me amid a heap of books reading passages from each one. Afterwards it’s amazing that I don’t wake up tired, instead I rise at 6:00 a.m. focused on the promises of God and with direction for my day.*

I finally understood my grievance over others disobedience. [Psalm 119:136]

*Not that I’ve ever thought that I could do a thing about what others do. Nor have I ever been so high minded as to believe that I’m better than, or able to judge, another person. But I have witnessed people’s blatant disobedience and it grieved my spirit. I couldn’t understand how people who were within the body of Christ [some were teachers, some were leaders, some were even preachers and pastors] could operate outside of the parameters of what they professed they believed. I’ve prayed and cried, over some of the things that I’ve seen people do or heard them say. At times I’ve even cried out to God in prayer trying to understand why it mattered so much to me, why can’t I not notice?, why do I have to hear?, I would ask. I never found the presence of an answer until the meditation of my heart reached and comprehended Psalm 119:136.*

I finally understood why I kept moving, though I felt insignificant and unworthy of the mantle God placed on me. [Psalm 119:141]

*I’m just a normal everyday girl born and raised in the country. There’s nothing noteworthy about my upbringing, my career, my family or my life that I felt was significant enough for me to be worthy or in my mind even qualified enough to be chosen to be a servant of God. Throughout my childhood and into adulthood I’ve felt the pressures of being despised and the tension of being envied. But it always baffled me because I saw nothing about myself that was worth anybody paying attention to. I tried hard to overcome the hurdles of how people perceived me – not because I cared what they thought of me, I was more confused as to why in the world they’d think anything of me anyway, who was I for them to even care.*

*As a child I developed a coping mechanism of playing the tomboy card. “All my cousins are males so it won’t be too hard to pull off”, I convinced myself. But deep inside was a little girl who wanted to giggle and talk girl stuff instead of hanging with the boys and “cussing like a sailor”. I further convinced myself “Maybe them girls wouldn’t make comments like “she thinks she cute” or “I hope she doesn’t think she’s going to play with us”. Maybe then they wouldn’t know they really did hurt my feelings and make me cry on the inside. I used to make the excuse that my tear ducks had dried up, that’s why I don’t do a lot of crying. But reality was I’d gotten so used to sucking it up and looking mean that I didn’t realize my heart had grown cold to many things.*

I finally understood why no matter how insignificant I felt there was a press within to rise above it all and keep moving forward in faith, knowing that it was more about the person inside of me that I couldn’t see. [Psalm 119:141]

*Things became a little clearer for me and I received clarity that the press within was a reverence for and clinging to of hope in the word of God.*

*My encouragement to you is no matter how insignificant you may feel hold onto the precepts of God and trust him with who he’s created you to be. It doesn’t matter where you are in life right now; some body is watching you, seeing past your present state knowing that your future is bright. There are people assigned to you that are clinging on hoping that your life will remain the encouragement they need to keep pressing forward. There will always be those who despise you, don’t let them distract you. Recognize and know who they are, pray for them and keep it moving.*

## Meditate on this

*Would not God search this out? For He knows the secrets of the heart.* –Psalm 44:21

Words are not just words so why do we use them so loosely. The bible tells us “death and life are in the power of the tongue[[10]](#footnote-10)” Choose your words carefully it just may be the one word you use that changes your life. Likewise, we should be just as mindful about receiving words as we are with speaking them. Words spoken over us can be just as impactful as the words we release ourselves. Therefore, be mindful of who and how we let people speak into our lives. It is not God’s desire for us to be condemned by words. In fact written in His Word we find “there is therefore now no condemnation to those who are in Christ Jesus[[11]](#footnote-11),” “The just shall live by faith[[12]](#footnote-12)”. Let us live by faith in Christ Jesus and not be contaminated, condemned or confined by the words of others.

In the journey of life the silent words of your heart is what eventually escapes your mouth. Here are some scriptures that examine the contents of your heart and encourage you when you’ve been wounded by words.

“For the LORD does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.”

-1 Samuel 16:7

“Let the hearts of those rejoice who seek the LORD! Seek the LORD and His strength; seek His face evermore!”

-1 Chronicles 16:11

“Anxiety in the heart of man causes depression, but a good word makes it glad.”

–Proverbs 12:25

“Out of the abundance of the heart the mouth speaks. A good man out the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.”

–Matthew 12:33-37

God already knows our hearts before we ever open our mouths. Let us examine our hearts and be found speaking life, bringing forth good things.

“The heart of the wise teaches his mouth, and adds learning to his lips.”

–Proverbs 16:23

1. 2 Corinthians 3:17 [↑](#footnote-ref-1)
2. Hebrews 10:25 [↑](#footnote-ref-2)
3. 1 John 2:6 [↑](#footnote-ref-3)
4. Joshua 1:8 [↑](#footnote-ref-4)
5. James 2:14-20 (KJV) in context [↑](#footnote-ref-5)
6. Luke 9:62 [↑](#footnote-ref-6)
7. Habakkuk 2:2 [↑](#footnote-ref-7)
8. Ecclesiastes 7:21 [↑](#footnote-ref-8)
9. Ecclesiastes 7:22 [↑](#footnote-ref-9)
10. Proverbs 18:21, NKJV [↑](#footnote-ref-10)
11. Romans 8:1 [↑](#footnote-ref-11)
12. Galatians 3:11 [↑](#footnote-ref-12)