INTRODUCTION - (1 Peter 3:10-12) "For he who would love life and see good days,

let him refrain his tongue from evil, and his lips from speaking deceit.

Let him turn away from evil and do good; let him seek peace and pursue it.

For the eyes of the Lord are on the righteous, and His ears open to their prayers,
but the face of the Lord is against those who do evil" Reference to (Psalm 34:11-16)

Two New Testament Greek words are translated "life"

(Gr. "bios") refers to existence (physical life).

(Gr. "zoe") is a higher form of life; new life; spiritual life; abundant life.

(John 10:10 and 14:27; Proverbs 19:23) "Zoe" makes "bios" worth living.

1. WATCH YOUR TONGUE AND LIPS

"Refrain his tongue from evil" - (James 1:19-20 and 3:6; Proverbs 18:21)

"Refrain" - don't do it; put a stop to it; restrain your tongue.

"His tongue from evil" - words that are malicious, injurious, or destructive.

"And his lips from speaking deceit" - dishonesty; entrapment; misleading. (Ephesians 4:29; Colossians 3:8-9; Proverbs 4:24)

2. AVOID EVIL AND DO GOOD

"Let him turn away from evil" - turn your tongue and now turn your life.

Solomon said it: (Proverbs 3:7) "Do not be wise in your own eyes, fear the Lord and depart from evil"

And in (4:27, 14:16, 16:6 and v17)

Moses said it: (Exodus 23:1-2)

"And do good" - do things that are helpful or beneficial; be kind and a blessing.

It was said of Jesus: (Acts 10:38) "... who went about doing good ... "

It's the "Golden Rule" in (Luke 6:11) "And just as you want men to do to you, you also do to them likewise"

Note also in (Matthew 5:16; Galatians 6:10; Hebrews 6:9-12)

3. SEEK AND PURSUE PEACE

"Seek" and "Pursue" - to look, scour, and search high and low; to hunt or track down; a quest; persist in finding.

(Romans 12:18 and 14:19; 2 Corinthians 13:11; Hebrews 12:14)

"Peace" - quietness; calmness; contentment; being in harmony with God. (Philippians 4:5-7; Psalm 34:17-19; John 14:27 and 16:33)