

Word Power

August 29 & 30, 2009

Words can hurt or heal

- **"Reckless words pierce like a sword, but the tongue of the wise brings healing."** Proverbs chapter 12 verse 18 (489)
- **"A wise man's heart guides his mouth, and his lips promote instruction. Pleasant words are a honeycomb, sweet to the soul and healing to the bones."** Proverbs chapter 16 verses 23-24 (492)

The average person speaks 16,000 words each day.

That's incredible potential to hurt or heal!!!

Words = spoken word, texting, email, YouTube, Facebook, Twitter

My words reveal my heart

- **Jesus said....."What you say flows from what is in your heart."**
Luke chapter 6 verse 45 (787)

My words have everything to do with what is in my heart.

What words "spill over" when I get "bumped"?

What does my word choice say about my heart?

Speak less and listen more = wisdom

- **Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness that God desires".**

James chapter 1, verse 19-20 (930)

Listening is a lost art – it needs to be developed.

It is difficult to retract words recklessly spoken. (texting, email)

God is not saying to ignore conflict. He is emphasizing the value of listening so we can speak with understanding.

God wants my words to benefit others

- **"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption".**

Ephesians chapter 4, verses 28-30 (897)

Unwholesome = words that are critical, sarcastic, abusive, hurtful, humiliating, disrespectful, offensively crude, spiteful, gossip, use God's name carelessly (cursing), full of rage, flattery (saying something nice only because I want something from you) vs. a sincere compliment.

My words can help others or they can grieve the heart of God.
I can't do this on my own!!! I need the help of the Holy Spirit.

"Dad, I'm watching you" - Interview with Al Ford and Roy Eichner

Next Steps:

Reflect:

What is one step God is asking me to take in the words I use with those in my circle of influence?

Who have I hurt with my words? Have I made it right with them?

Have I extended forgiveness to those who have hurt me with their words?

With God's help I will intentionally use my words to encourage the following people:

Soul Food: Below is a passage to focus on each day this week.

- Monday- Proverbs 10:14 / Proverbs 12:16
- Tuesday - Proverbs 15:1
- Wednesday - Proverbs 16:27-28
- Thursday - Proverbs 16:32
- Friday - Proverbs 18:7
- Saturday - Proverbs 18:21
- Sunday - Proverbs 26:2

Dig Deeper:

Download notes pages and listen online to the **War of Words** Teaching Series (2006), and **Taming My Tongue** (2008) at fmchurch.net. Or order the series at the Info Center.

Live it Out:

There is something special about connecting on a regular basis with other people who want to grow to be more like Jesus. Part of this involves developing authentic relationships as we learn how to honor God and honor each other. Check out opportunities in the next 3 weeks to connect in a group this fall.

Questions:

Remembering back to when you were a kid....tell us about your family and your relationship with your dad?

What words still ring in your mind?

What impact did your dad's words have on you as a child?
(Pic of dad and of Al Ford)

How did this affect the words you used when you became a parent?

With God's help how have you intentionally leveraged words to encourage your kids?