

The Power of our Words - Week 9

"Gentle words are a tree of life; a deceitful tongue crushes the spirit." Proverbs 15:4

Do you realize how powerful your words are?

Proverbs 15:4 shows how our words can either bring life or crush someone's spirit. Every day we have the choice to use our words for good or for harm.

When someone hurts us it can be easy to respond with hurtful words. During arguments, we usually want to say things that hurt the other person. But as followers of Christ, we are called to a higher standard. We are called to speak with love.

This also can apply to the way we treat ourselves. When we constantly speak lies over our lives, telling ourselves we're not good enough, not loved, or not capable, we begin to believe those words. After a while we can start to believe those lies and they can crush our spirit.

God wants us to live with the abundance of life and our words play a significant role in that. In fact, words are so powerful because even God created the world through speaking. Throughout Genesis God spoke and creation came into existence. If words have that kind of power, we should be careful with how we use them.

The next time you're tempted to say something hurtful, pause and pray. Ask God to help you speak words that bring life rather than death. You never know how much your words might impact someone's day.

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