

SPEAKING WORDS OF LIFE

In the book of Proverbs we read, “Death and life are in the power of the tongue, And those who love it will eat its fruit.” (Proverbs 18:21)

- **There is great power in our words, either for good or for bad.**
- **The words that we speak have the potential to build others up, or to tear down and discourage others**
In the book of Proverbs we read, “A wholesome tongue is a tree of life, But perverseness in it breaks the spirit” (Proverbs 15:4)
- **In many respects the words that we speak frame our future and so often become self fulfilling**
- **This is why it is so important to speak God’s perspective over our future and not constantly negative words based on our temporary circumstances**
- **The way that we speak to others is also very important**
- **In the book of James we see a passage of Scripture encouraging us to be careful in the words that we use to speak to others and to not use our words to curse and pull down others**

In the book of James we read,

“My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body.

Indeed, we put bits in horses’ mouths that they may obey us, and we turn their whole body. Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires.

Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.

For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison.

With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing. **My brethren, these things ought not to be so.** (James 3:1-10)

➤ **It is so important that we choose to consistently speak words of life that help to build others up**

➤ **I will now just briefly outline some of the reasons why it is so important that we are disciplined in the way that we speak to others and why it is so important to consistently speak words of life and encouragement to others**

i. It gives credibility to our Christian witness when we consistently speak gracious words to others and WORDS OF FAITH AND HOPE

Jesus said, Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” (Matthew 5:16)

The Apostle Paul wrote, “Therefore comfort each other and edify one another, just as you also are doing.” (1 Thessalonians 5:11)

ii. It helps to build others up and to encourage others to fulfil their potential in life. Words of life can help to inspire others to achieve their dreams and to fulfil their God given destiny in life

The Apostle Paul wrote, “Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.” (Ephesians 4:29)

In the book of Proverbs we read, “A man has joy by the answer of his mouth, and a word spoken in due season, how good it is!” (Proverbs 15:23)

- iii. Our significant relationships are enhanced by consistently speaking words of life and encouragement**

This is why the Apostle Paul wrote,

“Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.” (Colossians 4:6)

People thrive on compliments and encouragement and when they feel appreciated for what they have done for others

Words of affirmation help to enhance and strengthen our relationships with others

- iv. People are drawn to those who consistently speak words of life and encouragement.**

Consistently speaking faith filled words and words of encouragement is a great key to attracting friends and favour in life

In the book of Proverbs we read,

“A man who has friends must himself be friendly...” (Proverbs 18:24)

- v. **The atmospheres in our homes and workplaces are greatly affected by our words. Words of life will help to create an atmosphere of faith and love in our homes and workplaces**

The Apostle Paul wrote, “So then faith comes by hearing, and hearing by the Word of God.” (Romans 10:17)

It is so important that we continually live our lives out of the eyes of faith

Jesus Himself said,

“If you can believe, all things are possible to him who believes.” (Mark 9:23)

It is also good to reflect upon what we are continually talking about

Are we continually talking about our problems, our past failures and disappointments, or what we do not have?

It is so important that we continually choose to speak about God’s promises in His word for our life, rather than always talking about the problems that we are experiencing in our life

The Apostle Paul wrote, “For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.” (2 Corinthians 1:20)

We need to be also always looking for opportunities to speak words of encouragement and appreciation to those around us. In doing this we will maintain an atmosphere of love and faith in our homes

- vi. Other people’s lives are greatly impacted by the words that we speak. This is especially the case with our children**

This is why the Apostle Paul wrote to the young Pastor Timothy, “Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.” (1 Timothy 4:12)

It is so important as parents that the way that we speak about our faith encourages our children and grand children to live for the Lord

- vii. Our own futures are greatly affected by the words that we speak over our lives. This is why we must refuse to verbalise our frustrations when we are experiencing trials in life. Our circumstances are only temporary**

We must continually CHOOSE to speak words of life

When we are experiencing tests and trials in life we can speak either words of;

- a) Fear, or FAITH**
- b) Despair, or HOPE**
- c) Failure, or SUCCESS, or**
- d) We can continually talk about the problems that we are now experiencing, OR about what God says about our future**

In the book of Hebrews we read,

“Now faith is the substance of things hoped for, the evidence of things not seen.” (Hebrews 11:1)

viii. Words of life help to promote physical and emotional health in our lives

In the book of Proverbs we read, “Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.” (Proverbs 16:24)

AND

ix. Because there is power in our words to help people to become saved and to receive the gift of eternal. It is in sharing the gospel with others that people are saved

This is why the Apostle Paul wrote, “For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.” (Romans 1:16)

SO HOW CAN WE CONTINUALLY SPEAK WORDS OF LIFE AS CHRISTIANS SO THAT WE CAN TRULY BE SALT AND LIGHT IN OUR WORLD

1. We need to continually keep our heart with all diligence because out of the abundance of the heart the mouth speaks

We must refuse to allow critical and judgemental and unforgiving attitudes to develop in our heart

We must also guard our heart from unbelief from always looking at our problems INSTEAD of focusing on God's promises in His word

IT IS CRUCIAL THAT WE MAINTAIN A SPIRITUALLY HEALTHY AND FAITH FILLED HEART

In the book of Proverbs we read, "Keep your heart with all diligence, for out of it spring the issues of life." (Proverbs 4:23)

Jesus also said, "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks." (Luke 6:45)

Especially when under pressure what is in our heart will become apparent in the way that we speak

This is why it is so important that we keep our heart with all diligence

2. We must remain intimate in our walk with the Lord and be continually filled with all the fullness of God

**King David wrote, “Delight yourself also in the Lord, And He shall give you the desires of your heart.”
(Psalm 37:4)**

It is so important that we continually abide in Christ through having intimate fellowship with Him

The more intimate we are in our walk with the Lord, the more Christlike we become and the more we speak words of hope and faith and encouragement to others

In the gospel of Luke we see how Jesus spoke to others

“So all bore witness to Him, and marvelled at the gracious words which proceeded out of His mouth. And they said, “Is this not Joseph’s son?” (Luke 4:22)

In the gospel of John we read the words of Jesus,

**“It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.”
(John 6:63)**

INTIMACY WITH THE LORD WILL CAUSE US TO THINK AND SPEAK OUT GOD’S PERSPECTIVE FOR OUR LIFE, WHICH IS ONE OF A GREAT HOPE AND FUTURE

The LORD said to Jeremiah when he was in prison cell, “Call to Me, and I will answer you, and show you great and mighty things, which you do not know.” (Jeremiah 33:3)

The Apostle Paul wrote, “that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height - to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.” (Ephesians 3:14-19)

The more time that we spend in the presence of the Lord the more we act like and speak the way Jesus did during His time here on earth

3. We need to continually renew our mind with the word of God to maintain kingdom thinking.

We must not allow the ways of the world to influence the way that we think.

What we think upon will greatly influence the way that we live our life and the way that we speak. God’s ways are higher than our ways.

We must continually speak God’s perspective about things over our lives. “For with God nothing will be impossible.” (Luke 1:37)

The Apostle Paul wrote, “But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!” (2 Timothy 3:1-5)

This is why the Apostle Paul also wrote, “*And do not be conformed to this world*, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (Romans 12:2)

Consistently meditating on the word of God is a great key to living a victorious Christian life and to not allowing the ways of the world to influence the way that we live and speak to others in our life

This is why the LORD said to Joshua before he was about to lead the Children of Israel into the Promised Land; (this was after a whole generation of the Children of Israel had failed to enter into the Promised Land because of fear and unbelief),

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (Joshua 1:8)

The Psalmist also wrote, “Your word I have hidden in my heart, that I might not sin against You.” (Psalm 119:11)

4. We need to be careful about what we look at and listen to

What we consistently look at and listen to will greatly influence the way that we live our life and speak

The Apostle Paul gave us some wonderful guidelines on what we should meditate on if we are to live victorious and overcoming Christian lives

The Apostle Paul wrote, “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-meditate on these things.” (Philippians 4:8)

5. We need to have a disciplined thought life where we quickly take any wrong thoughts captive before they take us captive

The real battle is for the mind. The enemy, the Devil, will continually bombard our mind with wrong and negative thoughts

If we do not quickly replace wrong and negative thoughts with Christ centred thoughts they will become strongholds in our mind and influence the way that we live our life and the way that we speak

This is why the Apostle Paul wrote,

“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” **(2 Corinthians 10:4-5)**

6. We need to have faith filled and godly people in our inner circle of friends.

We become like the company that we keep.

One well known preacher said “show me your friends and I will show you your future” If we are going to consistently speak words of faith and encouragement we need to have the right friends in our inner circle of friends

In the book of Proverbs we read,

“The righteous should choose his friends carefully, For the way of the wicked leads them astray.” **(Proverbs 12:26)**

“He who walks with wise men will be wise, but the companion of fools will be destroyed.” **(Proverbs 13:20)**

King David wrote, “Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the law of the LORD, and in His law he meditates day and night.” **(Psalm 1:1-2)**

In the book of Proverbs we also read,

“Make no friendship with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul.” (Proverbs 22:24-25)

“The words of a talebearer are like tasty trifles, And they go down into the inmost body.” (Proverbs 26:22)

It is so important that we have people of godly character in our inner circle of friends.

Having the right friends is a great key to us growing in godly character ourselves and to being people who consistently speak words of life when relating to others

AND

7. We need to learn to walk in the Spirit and to be slow to speak.

This is why God has given us two ears to listen and only one mouth to speak.

Learning to think about what we will be saying before we speak helps us to not say things in haste and to say things as a result of reacting out of our emotions that we would later regret having said

In the book of James we read,

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.”

(James 1:19-20)

If we learn to continually remain under the controlling influence of the Holy Spirit we will consistently speak gracious words of life and encouragement

The Apostle Paul wrote, “For you, brethren, have been called to liberty; only do not use liberty as an opportunity for the flesh, but **through love serve one another**. For all the law is fulfilled in one word, even in this: “You shall love your neighbour as yourself.” But if you bite and devour one another, beware lest you be consumed by one another! I say then: Walk in the Spirit, and you shall not fulfil the lust of the flesh.” **(Galatians 5:13-16)**

The Apostle Paul then went on to write,

“Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries ...” **(Galatians 5:19-21)**

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.” **(Galatians 5:22-23)**

It is so important that we continually seek to walk in the Spirit so that we will walk in love towards others

We must learn to allow the Holy Spirit to have control over our tongues so that we consistently speak words of life to those around us and over our future

- **So in conclusion may I encourage you to make speaking words of life a big part of the way that you live your life in the future!**
- **As Christians we can truly be shining lights in the world around us at this time if we consistently speak words of life and hope and encouragement to those around us. God bless you**