

# THE POWER OF OUR WORDS

**In Proverbs 18:21 we read,**

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

**The words that we speak can either;**

**- Help to build strong and healthy relationships with others (and to cultivate intimacy in our relationships)**

**Or**

**- Have the potential to destroy even the best of friendships and relationships**

- **Critical words**
- **Negative words**
- **Condemning words**
- **JUDGMENTAL WORDS**

**ALL have the potential to undermine our friendships and relationships with others. *In the book of Proverbs we read,***

“He who covers a transgression seeks love, But he who repeats a matter separates friends.” **(Proverbs 17:9)**

**The Apostle Paul wrote,**

“Therefore let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in our brother’s way.” **(Romans 14:13)**

## **WITH OUR WORDS WE CAN**

**Encourage and Build up others and inspire others to be all that God has planned for their lives (*Jentzen Franklin is a great example of this when he preaches the Word*)**

**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)**

“Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.” **(Proverbs 16:24)**

“As cold water to a weary soul, So is good news from a far country.” **(Proverbs 25:25)**

## **HOWEVER WITH OUR WORDS WE CAN ALSO**

**Demoralise and break the spirit of others (especially children)**

**In the book of Numbers Chapters 13 & 14 we see how the bad report from 10 of the 12 spies sent out by Moses to spy out the land of Canaan totally demoralized the Children of Israel, so that they missed out on entering into the Promised Land)**

**In Numbers Chapter 13:31-33 we read,**

“But the men who had gone up with him said, “We are not able to go up against the people, for they are stronger than we. **And they gave the children of Israel a bad report of the land which they had spied out, saying, “The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature. There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight.” (Numbers 13:31-33)**

***How we must keep our eyes on the BIGNESS of God***

## **WITH OUR WORDS WE:**

- **Can create a loving and warm atmosphere in our homes, workplaces and churches,**

**In Chapter 31 of the book of Proverbs we read about the virtuous wife. In verse 26 we see one of her attributes,**

“She opens her mouth with wisdom, and on her tongue is the law of kindness.” **(Proverbs 31:26)**

**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)**

“Let all bitterness, wrath, anger, clamour, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us...” **(Ephesians 4:31-32, 5:1-2)**

## **OR WITH OUR WORDS**

- **We can create a frosty and cold atmosphere in our homes and workplaces and cause much strife**

**In the book of Proverbs we read,**

“A perverse man sows strife, And a whisperer separates the best of friends.” **(Proverbs 16:28)**

“A soft answer turns away wrath, But a harsh word stirs up anger.” **(Proverbs 15:1)**

**THE WORDS THAT WE SPEAK GREATLY INFLUENCE THE ATMOSPHERE IN OUR HOMES AND WORKPLACES**

- **Our words can ALSO help people to enter into eternal life as we preach and share the gospel with others**

**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. For in it the righteousness of God is revealed from faith to faith; as it is written, “The just shall live by faith.”  
**(Romans 1:16-17)**

- **Our faith filled prayers that we utter can also see great miracles in our life**

**Jesus Himself said,**

“Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.”

“Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”  
**(Mark 11:22-24)**

**And**

- **Consistently speaking out God's Word builds up our faith and the faith of others**

**The Apostle Paul wrote,**

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

- **THERE IS TRULY LIFE AND DEATH IN THE POWER OF OUR TONGUE AND IN THE WORDS THAT WE SPEAK**
- **In many ways our words can have a great influence on FRAMING our future**
- **We need to continually CHOOSE to speak out God's promises in His Word and what He has spoken over our lives in the past, (*His promises to us*) rather than always about our problems**
- **We must also be careful about our self talk and continually *choose to live our life out of the mindset* of "God is good" and that "with God nothing will be impossible" rather than always out of the mindset of "life is hard"**
- **We must always try and look for the good in every situation knowing that God is ultimately sovereign in the affairs of our life IF HE IS TRULY LORD OF OUR LIFE**

- **The Apostle Paul wrote,**  
“And we know that all things work together for good to those who love God, to those who are the called according to His purpose. For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.” **(Romans 8:28-29)**
  
- **We must CHOOSE to always see the glass as being half FULL rather than always seeing it half EMPTY**
  
- **We have a God who is able to perform miracles in our life. Jesus Himself said,**  
“If you can believe, all things are possible to him who believes.”  
**(Mark 9:23)**
  
- **In the book of Proverbs we read,**  
“For as he thinks in his heart, so is he. “Eat and drink!” he says to you, but his heart is not with you.” **(Proverbs 23:7)**
  
- **If we are continually focusing on the problems in our life and continually surrounding ourselves with people who have a negative outlook to life, we too will become more prone to speaking words of discouragement and defeat over our life**

## **I will now quickly look at James Chapter Three and the passage of Scripture relating to the untameable tongue**

“My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. **V1** 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. **V2**

Indeed, we put bits in horses’ mouths that they may obey us, and we turn their whole body. **V3** 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. **V4**

Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! **V5** 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. **V6** For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. **V7** But no man can tame the tongue. It is an unruly evil, full of deadly poison. **V8**

With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. **V9** Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.” **V10** **(James 3:1-10)**

### **In this passage of Scripture we can see;**

- **That firstly leaders will receive a stricter judgment.** For this reason it is so important that we allow the Lord to continually do the work of change in our lives, so that *our lives and the words that we speak are an example to others* and in particular to other believers that have been entrusted to our care

- **That no man can tame the tongue** (We need God's help and love in our hearts to consistently have self control in the words that we speak – especially when under pressure)
- **That if we are able to have self control in the area of our mouth and what we speak, (that we can tame our tongue) we will be able to have self control in the other areas of our life as well**
- Though the tongue is such a small member it has a disproportionate influence in our life and on the lives of others. **Though the tongue is such a little member its power and influence for either good or bad is out of proportion to its size.**
- **That we should not be inconsistent with our words and in the way that we speak to others** - One minute blessing others and then later cursing others. WE NEED TO LEARN TO CONSISTENTLY SPEAK WORDS OF BLESSING AND LIFE which can help to edify and BUILD UP others, and
- **That the true source of unruly words is hell itself.** At one end the tongue spits out deadly poison and at the other end it is manipulated by wicked spirits. This is why we must quickly take all wrong thoughts captive and be slow to speak. The enemy will always try and push our buttons to say things in haste that we should not say - **To say in haste words that will undermine and even destroy our relationships with others**



**SO HOW CAN WE LEARN TO CONSISTENTLY SPEAK WORDS OF LIFE. I will finish with just a few keys from the bible to help us in this area**

## **1. We need to learn to think before WE speak**

We need to take Time Out before we speak, especially if we have been hurt or upset by others

**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;” **(James 1:19)**

**In the book of Proverbs we read,**

“In the multitude of words sin is not lacking, But he who restrains his lips is wise.” **(Proverbs 10:19)**

“Whoever guards his mouth and tongue Keeps his soul from troubles.” **(Proverbs 21:23)**

**If we pause and wait a moment before we speak when something has happened to us or someone has hurt us, we will give the Holy Spirit the ability to give us some wisdom and insight as to how to respond correctly**

**For example if an angry person deliberately cuts across you in traffic, if you hold your peace at that time, you will have pity on that person and forget about it very quickly. But if you respond immediately with a wrong attitude you can quickly lose your peace and joy.**

**One couple that was continually arguing and fighting all the time made a decision to write down all of their grievances in a note pad when they happened AND WAIT UNTIL THE END OF THE WEEK TO DEAL WITH THEM ALL AT ONCE rather than continually addressing them whenever they happened.**

**They found that at the end of the week as they looked at each incident, that nearly all of them WERE REALLY VERY TRIVIAL and not even worth addressing**

**The enemy is good at pressing people's buttons and trying to get them offended with others**

**We need to continually exercise self control with our tongue and LEARN TO NOT react in haste and say words to others that we later regret having spoken**

**So it is so important that we learn to be slow to speak**

**In the book of Proverbs we read,**

**“The beginning of strife is like releasing water;  
Therefore stop contention before a quarrel starts.”  
(Proverbs 17:14)**

## **2. We need to learn to walk in the Spirit.**

**The Apostle Paul wrote,**

“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 5:14-16**)

**We need to learn to cultivate an intimate walk with the Lord and to be continually filled with the Holy Spirit.**

**The Apostle Paul wrote,**

“And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,” (**Ephesians 5:18**)

**This is a great key to continually having self control in our words and actions**

**The Apostle Paul also wrote,** “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**)

**How we start our day is very important.** We need to start the day by spending some time in the LORD's presence to get His peace and His perspective for our day before we begin our day's activities

### **In the gospel of Luke we read,**

“Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary who also sat at Jesus’ feet and heard His word.

But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.” And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.” **(Luke 10:38-42)**

### **3. We need to continually CHOOSE to look for the best in others.**

The enemy will always exaggerate the faults in others.

We need to PURPOSELY look for the good in others and for opportunities to encourage others.

After a while it will become a good habit

The Apostle Paul wrote,

“Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.” **(Philippians 2:3)**

#### **4. We need to continually live our life out of the mindset of God is good and NOT life is hard**

We need to regularly renew our mind with the promises contained in the Word of God

The Apostle Paul 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**)

**The bible is full of promises for all believers**

**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**)

**WHAT WE CONTINUALLY FOCUS ON WILL INVARIABLY INFLUENCE THE WAY THAT WE SPEAK ABOUT OUR FUTURE – Either positively or negatively**

**IF WE ARE CONTINUALLY FOCUSING ON THE PROBLEMS IN THE WORLD AND IN OUR OWN LIFE WE WILL INVARIABLY BECOME MORE NEGATIVE IN THE WAY THAT WE SPEAK ABOUT LIFE AND OUR FUTURE**

**However the bible makes it clear that “For with God nothing will be impossible” (Luke 1:37)**

**SO IT IS IMPORTANT THAT WE ARE NOT CONFORMED TO THIS WORLD IN THE WAY THAT WE THINK AND SPEAK, but that we continually renew our mind with the truth contained in God's Word.**

**We need to continually frame our future by thinking about and speaking out what God says about our future.**

**THIS NEEDS TO BECOME A DAILY HABIT as the enemy will continually try and get us to focus on and to speak about the problems and injustices in our life**

**The LORD said to Joshua just before he was about to lead the Children of Israel into the Promised Land,**

**“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)**

**Meditating on the Word of God helps to get the Word of God from our head into our heart so that we have faith in our heart to believe that “For with God nothing will be impossible.” (Luke 1:37)**

**I will now just look at four of the many promises in God's Word:**

## **GOD'S FAITHFULNESS**

**King David wrote,**

“Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. **Delight yourself also in the Lord**, And He shall give you the desires of your heart. Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.” **(Psalm 37:3-5)**

## **GOD'S PROMISE TO MEET OUR EVERY NEED IN LIFE WHEN WE PUT HIM FIRST IN OUR LIFE**

**Jesus Himself said,**

“Therefore do not worry, saying, ‘What shall we eat?’ Or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” **(Matthew 6:31-33)**

## **THAT GOD WILL GIVE US WISDOM AS TO WHAT TO DO IN LIFE (God's ways are higher than our ways)**

**In the book of James we read,**

“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. “But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.” **(James 1:5-8)**

**THAT GOD ANSWERS ALL OF OUR PRAYERS THAT ARE  
IN LINE WITH HIS WILL FOR OUR LIFE (In His right timing)**

**The Apostle John wrote,**

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. **(1 John 5:14-15)**

**Jesus Himself said,**

“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. **If you ask anything in My name, I WILL DO IT.**” (John 14:12-14)

**The word of the Lord came to the Prophet Jeremiah in prison,**

“Call to Me, and I will answer you, and show you great and mighty things, which you do not know.” **(Jeremiah 33:3)**

**WE HAVE A GOD WHO IS BOTH WILLING AND ABLE TO  
HELP US IN TIME OF NEED**

**We have a God who both hears and answers all of our  
prayers that are in line with His will for our life**

**We need to FRAME OUR FUTURE with what God says  
about our life in His Word**

**Jesus Himself said,**

“If you abide in My word you are My disciples indeed. And you shall know the truth, and the truth shall make you free.” **(John 8:31-32)**



## **5. We need to be careful what we focus on**

### **We need to focus on things of good report**

**We must guard our heart with all diligence for out of it spring the issues of life. 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)**

**What we continually focus on will eventually affect our heart. It is so important that we continually maintain healthy attitudes and desires in our heart**

**Jesus Himself made it clear that out of the abundance of the heart the mouth speaks (Luke 6:45)**

**For this reason it is so important that we are diligent and disciplined in what we focus on and listen to in life AND who we listen to in life**

**The Apostle Paul wrote what is good to meditate on in life. In the book of Philippians he 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)**

## **6. We need to choose our friends wisely**

The friends that we choose in life can greatly influence the way we live our life and the way that we speak; BOTH FOR THE GOOD OR FOR THE BAD

**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)

**Having negative and critical people in our life and people prone to gossip in our circle of friends will invariably have an effect on our life and the way in which we speak**

**The Apostle Paul wrote,** “Do not be deceived: Evil company corrupts good habits.” (1 Corinthians 15:33)

**In the book of Psalms we read,**

“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. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.” (Psalm 1:1-3)

**HAVING PEOPLE OF VISION AND FAITH AND GODLY CHARACTER IN OUR LIFE, HELPS US TO BECOME PEOPLE THAT *CONSISTENTLY SPEAK GRACIOUS WORDS OF ENCOURAGEMENT AND HOPE TO OTHERS* AND WHO FRAME OUR FUTURE WITH WORDS OF FAITH AND HOPE, IRRESPECTIVE OF WHAT OUR TEMPORARY CIRCUMSTANCES MAY APPEAR LIKE**

**It is so important to have healthy friendships in our life**

**7. We need to have an attitude of humility. We have all been forgiven much. We need to have grace towards others**

**Pride manifests itself in many ways such as an inability to say that I am sorry and a need to always defend one's self. THE SIMPLE FACT IS THAT NONE OF US ARE PERFECT AND WE ALL MAKE MISTAKES IN LIFE FROM TIME TO TIME**

**When we are self righteous we are more likely to speak in a condescending way to others.**

**In the book of Proverbs we read,**

**“By pride comes nothing but strife, But with the well-advised is wisdom” (Proverbs 13:10)**

**In the book of James we read, “Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there.” (James 3:13-16)**

**If our identity comes from who we are in Christ, (that we are loved and accepted by Him) we will be less prone to feeling the need to defend and justify ourselves when others do not agree with us AND BE LESS PRONE TO SPEAKING WORDS IN HASTE THAT CAUSE STRIFE AND THAT WOUND THE SPIRITS OF OTHERS**