

## **Speak Life**

### **Ready:**

"But He took her by the hand and said, "My child, get up!" Her spirit returned, and at once she stood up...." - Luke 8:54-55

### **Set**

"It's not what you say, it's how you say it". This is a phrase that many people have said throughout the years. As I reflect upon my life, I know that I have said some hurtful things to others. The truth of the matter is "it is what you say and how you say it." Many people today will say things that can be downright cruel. Our words, whether it is what we are saying or how we are saying them, have the ability to cut people down in an instant. Other words that proceed from our mouths also have the ability to build people up.

A strong portion of Jesus' ministry revolved around healing. He made the blind see. He made the lame walk. He raised people from the dead. In Luke chapter 8, we read that someone came into an area where Jesus was preaching to inform the synagogue leader of their daughter's death. Jesus said "believe and she will be healed." Jesus arrived at the house, took the girl by the hand and told her to get up. Others who were around laughed as they were certain she was dead. They must not have known the healing power of Jesus! Jesus healed the girl. Jesus literally "spoke life" into her soul. Her parents were astonished and I am sure lives were changed.

As an athlete, coach, parent or teammate, we must realize that our words can break other people down. It may not be to the point of physical death, but what we say can indeed kill other people emotionally. As Christians, we must be different. Our words should be encouraging. Our words must speak life.

### **Go**

1. Reflect upon your life. Have you ever been on the receiving end of someone else's hurtful words? Are you the person who is saying wounding things towards others?
2. When someone says things to you that are hurtful, how do you respond?
3. Do your words "speak life"?

### **Workout**

Ephesians 4:29, Psalm 19:4, Proverbs 16:24

### **Bible Reference:**

Ephesians 4:29

Psalms 19:4  
Proverbs 16:24



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