

## **Words Do Hurt Me**

### **Ready:**

“A gentle answer turns away anger, but a harsh word stirs up wrath. The tongue of the wise makes knowledge attractive, but the mouth of fools blurts out foolishness. The eyes of the Lord are everywhere, observing the wicked and the good. The tongue that heals is a tree of life, but a devious tongue breaks the spirit.” – Proverbs 15:1-4

### **Set**

“Sticks and stones may break my bones, but words will never hurt me” is false. Our words are powerful, whether we use them to build up or tear down.

Billy Graham famously said, “A coach will impact more people in one year than the average person will in an entire lifetime.” Coaches have influence, and their words carry weight. I still remember the horrible words spoken to me by coaches who lost their temper and lost control of their words. I’m sure we all have stories where we can recall harmful words spoken in anger.

On the other hand, the wisdom spoken to me by some coaches still impacts my life years later. Their ability to hold their tongue in anger, give encouragement at the right time and provide life lessons all carry weight.

Proverbs reminds us that whether we do good or produce wickedness with our words, the Lord is watching and knows how we use our words’ power. Do you want your words to give life or break people’s spirits? The choice and the responsibility fall on you.

### **Go**

- What were some words of wisdom that you still carry with you today?
- What could you do to help control your tongue in times of anger?
- Who is the Spirit telling you to encourage this week?

### **Workout**

Matthew 12:37

Ephesians 4:29

James 1:26

### **Overtime**

“God, You are the one who gives us breath to speak words each day. Help us honor You with what comes out of our mouths. Convict us when our words are making fools of us and Your Kingdom. Have the Holy Spirit give us the right words to breathe encouragement and wisdom into our community. Amen.”



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