

## **Play the BUG**

### **Ready:**

There is one who speaks rashly, like a piercing sword; but the tongue of the wise brings healing.—Proverbs 12:18

### **Set**

Even as the words float off the end of my tongue, I realize I blew it. This kind of situation usually involves my saying negative words to teammates or others. It's easy for me to become the cut-down king. It doesn't take much—maybe just calling someone a name. Other teammates usually laugh, but those reckless words cut. They pierce like a sword and cause damage. Playing the cut-down game means going with the flow. I realize now that I want to play the BUG.

Instead of playing the cut-down game, God desires us to play the Build-Up Game. It takes effort and doesn't come naturally. But when it's played, it is awesome. It blesses so many people. A friend of mine once said that everyone in the world is under-encouraged, and I agree! I ask the Lord to show me ways that I can encourage teammates, friends, family members, and even people I don't know. I want to build others up and show love through my words. I believe that the tongue can heal. Are you ready to play the BUG?

### **Go**

1. Why is it so hard to build others up? What prevents you from blessing others?
2. Do you believe your words can heal? Has anyone ever healed you with his or her words?
3. What is one way you can play the BUG on your team?

### **Workout**

Psalm 15; Proverbs 16:21; Colossians 3:16

### **Overtime**

Lord, I play the cut-down game way too often. Today, I desire to start playing the BUG. Teach me ways to build others up so that I can be a blessing. May my words heal, not damage—lift up and not pull down. I know people who need a word of encouragement. I pray for opportunities to bring life with my words. Amen.

### **Bible Reference:**

Colossians 3



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