

## **Watch Our Words**

### **Ready:**

“A man giving false testimony against his neighbor is like a club, a sword, or a sharp arrow.” – Proverbs 25:18

### **Set**

Ouch! I would never think to hit someone with a club, deliberately swing a sword, or shoot someone with an arrow! But I know there are times when my words have not been 100 percent truthful. And though I don't intend to harm anyone, God's Word says my lies hurt others. Ephesians 25:18 neither excuses our lies nor condones our motivations. When we lie, we hurt others.

Do you remember these lies from the world of sports?

- In 1999, after being ejected for arguing a catcher's interference call, manager Bobby Valentine reappeared in the dugout sporting an eye-black mustache and dark sunglasses. Yet Valentine claimed he never returned to the dugout.
- In 2001, 12-year-old Danny Almonte impressed the world with his 75 mph fastball for the Rolando Paulino All-Stars in the Little League World Series. It soon came to light that Almonte was two years older than what the league allowed.

Unintentional and intentional false words will hurt others. Ephesians 4:24–25 says, “You put on the new self, the one created according to God's likeness in righteousness and purity of the truth. Since you put away lying, speak the truth, each one to his neighbor, because we are members of one another.”

As a competitor for Christ, realize that your words are just as important as your actions!

### **Go**

1. How many times have you heard lies told about your teammates or coaches?
2. Have you said something about a family member, a co-worker, or a teammate that isn't true?
3. How will you guard your words starting today?

### **Workout**

Psalm 15:1–3

Psalm 85:9–11

Proverbs 12:16–18

### **Overtime**

Heavenly Father, forgive me for hurting others with my words. I'm created in Your likeness; help me put away all false words, so that I may honor You today. Amen.

### **Bible Reference:**

Psalms 15:1-3

Psalms 85:9-11

Proverbs 12:16-18



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