

## **Powerful Words**

### **Ready:**

“The tongue that heals is a tree of life, but a devious tongue breaks the spirit.” – Proverbs 15:4

### **Set**

There is deep power to be found in words; written and spoken. As athletes and coaches, we have to use words to communicate with one another, and it doesn't take long to realize that the words that are spoken to us and the words that we speak are important. Maybe you've had a coach encourage you right before a game, and those last few words were what you needed to go out onto the field with confidence. Or maybe a parent or spectator has yelled something hurtful from the stands when the last thing you needed was to be discouraged as the coach. Have you ever heard of the old saying, “sticks and stones will break my bones, but words will never hurt me”? As often as I have told myself this, it just isn't true. Words have power, and because they have power, they can hurt and they can heal.

The way we speak to others and to ourselves is important. God is the creator of words and He is the One who gave words power. It is our choice to how we use this power. Positive, encouraging and kind words are words that God tells us are like a tree of life to another's ears. When we speak with love, we have the power to lift someone's spirit, encourage them and also represent Christ well to that person. The opposite is also true. God's Word is clear that deceitful, unkind and unloving words have the power to break someone down and discourage them.

When we speak with love and use healing words that honor God and bring life to those who we are speaking to, we speak in the way that God created us to speak to one another. It is easy to let negative and discouraging words slip from our lips, especially when we might be upset, tired or angry. But God has called us to a higher standard and to use the power of words to speak life and to use healing words even when we don't want to and when it's difficult. Speaking life brings joy to the heart of our Heavenly Father. Your words have power, so how will you use your power today?

### **Go**

- Have you experienced the power of words in your own life?
- Do you speak with healing words or with discouraging and deceitful words?
- How can you use the power of words to bring healing and life today?

### **Workout**

Ephesians 4:29; Proverbs 16:24; Psalm 19:14

## Overtime

“Heavenly Father, thank You for the power of words. I want to use my words to bring honor to You and bring others closer to You. Help me to speak words that are uplifting, encouraging and give life to those around me no matter the circumstance. I love You. In Jesus name I pray, Amen.”

### Bible Reference:

Proverbs 15:4

Ephesians 4:29

Proverbs 16:24

Psalms 19:14



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