



## Words?! {Ted Lowe}

### INTRODUCTION

*Sticks and stones may break my bones but words will never hurt me.* Wouldn't it be nice if this childhood rhyme were true? Unfortunately, we all know the power words have to inflict pain. But words not only have the power to hurt, they also hold the potential to heal. In this session we will explore the power that the words we speak hold on those around us.

### DISCUSSION QUESTIONS

1. Give an example of a time when someone encouraged you with words.
2. Give an example of a time when you were able to encourage someone else with your words.
3. When has someone hurt you with words?
4. What are some words that you wish you could take back? What kind of hurt did they inflict?
5. Read Proverbs 12:18. The piercing of a sword is an event. Healing is a process. What is the difference?
6. Slowing down can help prevent you from saying hurtful things. How can you remind yourself to be slow to speak?
7. Wise words bring about healing. How can you be wise when it comes to the words that you use?

### THINK ABOUT IT

Think about someone in your life who needs to hear words of healing. What are they going through? What words do they need to hear the most?

### WHAT WILL YOU DO?

Commit to speaking a word of encouragement to this person at least once a week for a month.

### CHANGING YOUR MIND

*Reckless words pierce like a sword, but the tongue of the wise brings healing.* Proverbs 12:18

