



Words

We're talking about our words tonight! Turn to the person on your right and say "I love you sweetie pie." Yeah, a little awkward right!? That's because our words matter. They are connected to our emotions which mean they are connected to our heart.

In Luke 6:45 Jesus says "Out of the overflow of the heart, the mouth speaks." So the most important thing to know about our words is that come from our heart. What's on the inside is going to determine what comes out of you. Last week we talked about the heart and this week we are going to look specifically at our words as an evaluation of the status of our heart.

Illustration: What is this? (hold up an orange that has already had a small hole cut in it and the juice squeezed out. Then squeeze something gooey and dark back into the orange. Something like Chocolate syrup works good.) How do we know this an orange? Is it because of what's on the outside or on the inside? Ok, so if we cut it open and squeezed it we would be able to tell that it's an orange because orange juice would come out, right? Cut a small hole in the orange and then squeeze it. Instead of the orange juice like they are expecting dark gross stuff comes out. Also have a second orange and cut it and squeeze out real orange juice. Now, these two oranges two looked exactly the same but when they were squeezed, what came out showed us what was really on the inside. When life, people, or circumstances squeezes you, everyone around you will be able to see what is on the inside. Because the words you use are simply an overflow of what is already in your heart.

To kick things off let's actually go to the New Testament and see what James says about our words. Read James 3:2-12. James says that there are two types of words. Words that curse and words that bless. You could say it this way. Every word that comes out of your mouth is either destructive or constructive. Everything you say has the potential to tear someone down and completely rip them apart or build them up and encourage them. Proverbs 11:9,11 says "With their words, the godless destroy their friends, but knowledge will rescue the righteous... Upright citizens are good for a city and make it prosper, but the talk of the wicked tears it apart."

That means that **you can change not only your life but the world by changing your words.**

Proverbs 18:21 puts it this way; “The tongue has the power of life and death, and those who love it will eat its fruit.” With that in mind let’s turn to Proverbs and see what it tells us about destructive words and constructive words.

Destructive Words

1. Lies

Do you know someone that just lies, all the time? Do you know someone that is going to speak truth no matter how harsh it may be?

Proverbs 6:17-19 tells us of seven things that God hates... “haughty eyes, a lying tongue, hands that kill the innocent, a heart that plots evil, feet that race to do wrong, a false witness who pours out lies, a person who sows discord in a family.” 2 of the seven things God hates is lying!

Proverbs 12:22 - **The Lord detests lying lips, but he delights in those who tell the truth.**

Why does God hate lies? Because John 14:6 says that He IS the truth and John 8:44 says **that Satan is the father of all lies**. Whose side do you want to be on?

The ripple of today's lie is tomorrow's wave and next year's flood.

2. Gossip

“Hey I don’t gossip, I just report the facts.”

Illustration: In college I was friends with this girl who always wore this big gawdy ring. I mean, this thing was ugly and embarrassing and I could never figure out why she was wearing it. I never asked her cause I didn’t want to offend her or anything. One day she came into my dorm room and I could tell she had been crying and she didn’t have the ring on. I didn’t even pay attention to her tears all I cared about was that the ring was gone! I was secretly happy, cause that thing was nasty. But then she told me a story of how the ring belonged to her great grandmother and it had been given to her as a purity ring. A dang, busted. Talk about feeling guilty. I didn’t understand the value in the ring. If I knew the value I wouldn’t have thought what I thought about it and said what I said about it. When we understand

that each person is valued in the eyes of God we stop hurting them with our words, thinking harmful thoughts about them, and gossiping about them.

The key to building relationships is to talk to people rather than about them. Gossip is talking about people. Communication is talking to people.

Proverb 16:28 - A troublemaker plants seeds of strife; gossip separates the best of friends.

Proverbs 20:22 - Rumors are dainty morsels that sink deep into one's heart.

Proverbs 10:18 - Hiding hatred makes you a liar; slandering others makes you a fool.

People that talk about people are fools, but those who talk to people are wise. And if someone is gossiping to you, they are probably gossiping about you. Here's the truth about gossip. **Hurt people hurt people.** If you are cutting people or hurting people with your words it is probably because you have some hurt in your heart. You have been rescued and you are not a victim anymore. **Victims never walk in victory.** So stop hurting people, stop being the victim, and start walking in victory.

3. Impure Words (cussing, filthy words, dirty jokes, sexual conversations, name calling, bullying, boasting, sarcasm)

Proverbs 6:12 - What are worthless and wicked people like? They are constantly crooked in their speech.

Sheesh, there's gotta be something not quite so harsh than that, right?

Proverbs 10:31 - The mouth of the righteous brings forth wisdom, but the perverse tongue will be cut off.

So here's what the Bible says to do...

Proverbs 4:24 - Put away all unwholesome talk; stay away from corrupt and decaying speech.

Illustration: Imagine if a skunk crawled up under my bed and died. That first morning I may not really notice anything and anyone else that came into my bedroom may not either. The next day there might start being a little scent. But it's coming so slowly that it really isn't bugging me as something that is nasty. Eventually the decaying skunk that is under my bed would start to get to nasty. I'm living in that room so it doesn't stick out to me but if someone came over and walked into my room, they'd be like "Dang, what is that smell. You gotta get rid of that." "Nah, it ain't that bad." Eventually the decay and stink would start to sink into my clothes and it would follow me to school and

to the store and everyone I came into contact with would smell me and people would start to avoid me cause nobody wants to be around that. Listen, only an idiot would do that. There comes a point where you gotta pull that freakin skunk corpse out from under your bed, box it up, and bury it in the ground so you can stay away from it and never have to smell it again.

In Matthew 5:11 Jesus says ***“It’s not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth.”*** This is scary, because what he seems to be saying is even more destructive than what we look at, even more destructive than what we listen to, even more destructive than the friends we hang out with and what we do with our time, is the destruction of the words we use. So that’s the warning, so we can be on defense. What’s the offense for us to put to practice? It’s constructive words! Remember what James said, not only can words destroy lives but they can also direct your life and destiny.

Constructive Words

1. Good Words

This is simple, Mamma always said “If you don’t have anything good to say then...”

Remember we talked about lies? Well, even if it’s truth it may not always be good to say...

Illustration: A while back Grace walked in the bathroom as I was getting ready and she had the cutest pigtails. And so I was talking to her and asked “Did mommy do those pigtails for you?”. She said “yes.” Then I said “Do you think you could do pigtails like that?” She said “No” So I said, “When you get older do you think you’ll be able to do pigtails like that?” She said “Yes.” So trying to be funny, I said “When you get older do you think you could do pigtails in my hair?” She looked at me and said “When I get older, you’ll be dead.” Then she went skipping out of the bathroom happy as can be, like “happy birthday dad”. So had no idea, that was just truth to her. Not good words. Don’t tell someone that they’re going to die. Not constructive!

Proverbs 10:11,20,21 - The words of the godly are a life-giving fountain; the words of the wicked conceal violent intentions... The words of the godly are like sterling silver; the heart of a fool is worthless. The words of the godly encourage many, but fools are destroyed by their lack of common sense.

Proverbs 16:24 - Kind words are like honey— sweet to the soul and healthy for the body.

Good words: Life-giving, like fine silver, encouraging, sweet and healthy. Does that describe the words that you used today. Speaking to your friends, to your parents, to your brother and sisters, and I would say even the words that you thought. Wise words are good, valuable, build others up, and bring health and healing to others.

2. Timely Words

Again, even if its truthful, your words should be spoken at the right time!

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It's about timing. The timing of your words can bring death or life. Don't tell your dad that you broke something of his right after he has gotten home from a tough day at work. Don't tell your boss you're leaving on vacation a day before you go. Don't tell your friend that you want to talk to them about their gossip problem in front of a group of people. Timing. The two most important things about what we say is timing and tone.

Proverbs 15:23 - Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!

Part of timing means to think before you speak. Take time to think about what you are saying and when you should say it!

Proverbs 15:28 - The heart of the godly thinks carefully before speaking; the mouth of the wicked overflows with evil words.

It's so simple to just say what comes to mind whenever you think and you may not give it a second thought but **What's so minor to you, is major to others.**

3. Controlled Words

God used words to create the universe so be careful with them!

I write out my sermons word for word before I give them. I do this so I can read back through what I am about to say and eliminate the parts that are stupid. You will never know all the dumb things I thought about saying in a sermon but didn't. They are permanently deleted. Sometimes before you say

something you need to use the delete button. And that requires using your head and your heart before your mouth so that your words are controlled by your heart and not your heart controlled by your words.

Proverbs 15:1 - A gentle answer deflects anger, but harsh words make tempers flare.

Proverbs 13:3 - Those who control their tongue will have a long life; opening your mouth can ruin everything.

Proverbs 17:27-28 - A truly wise person uses few words; a person with understanding is even-tempered. Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent.

Remember the oranges, the reason this important is because there will be times when our heart is like this (show the nasty orange) and so the words that will naturally pour out will be ugly. So we have to check them and keep them under control so this doesn't come, but only this comes out (squeeze the good orange.)

So What

Maybe your words are destructive.

Guide your words to God things

Maybe your talk too much.

Proverbs 10:19 says "Too much talk leads to sin. Be sensible and keep your mouth shut."

Maybe you talk too little

Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!

The Challenge

Remember we're all not okay and It's okay to not be okay, but we can't stay that way.

So here's our challenge...

- Think before you speak (pray)
- Listen before you answer (control your words)
- Learn from the master (read God's word)
- Put away destructive words, and practice constructive words

Questions

1 - Think about the last week. Would you say you used more destructive or constructive words?

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