
THE POWER OF
YOUR WORDS
For Women

GCM Resource Center

Dedication

*We want to dedicate the efforts of this writing to the ONE who loves us, forgave us,
and gave his life for us. It is our privilege to further his cause in our day.*

--Galatians 2:20

Grace Christian Ministries

The Power of your Words

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof. Proverbs 18:21

Do you remember the old childhood saying, “Sticks and stones may break my bones but words will never hurt me?” We all have made similar statements, ignoring the fact that negative words really do hurt and wound the heart. The scripture above tells us that, with our tongue we have the ability to bring death or life to any situation. God himself spoke words, and it brought forth life (*Genesis 1:3*).

As women, we all struggle with what we say out of our mouths from time to time. These words come from a deeper place called the heart. The scriptures declare, ...*out of the abundance of the heart the mouth speaks (Matthew 12:34)*. What is in our hearts will come out in our communication. For example, while driving to work, you’re singing your worship music or just thinking about your day. All of a sudden, a car switches lanes and jumps right in front of you, cutting you off. “You idiot!” comes rushing out of your mouth, not “What Would

Jesus Do”. Honestly, we joke about it, but it really comes down to exercising control over how we use our mouths. They can be used as instruments of peace or weapons of destruction.

We have a way of being colorful and descriptive with our words. When used in a way that reflects God, our words can impact another person’s emotions and thoughts in an incredibly positive way. We can build up the esteem of others through passionate words of affirmation. On the other hand, when we are negligent with our choice of words, we have the power to weaken the confidence and security of others and negatively affect the way they feel about themselves. You may be thinking to yourself, “Can one person really do that to another?” The answer is, YES! And it is explained in God’s Word, which declares, *And the tongue is a fire, a world of iniquity; so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature and it is set on fire of hell (James 3:6).*

If we are not careful, not only can we injure others with harmful words but we can also speak negative words over our own lives. Perhaps there is a physical feature that you wish you

could change. Maybe you have an irritating habit or challenge that you desire to change. How many times have you pointed it out to others in frustration? How often have you said, “I hate when I do that!” or “I’ll never get it!” Have you ever used unhealthy or unproductive words to describe something about yourself? Even when people have disagreed with you about the negative word, do you relentlessly continue on about yourself in a critical tone? You may not have felt this way in the beginning; but the more you speak those type of words, the easier it became to accept and believe them, thereby shaping the way you viewed yourself.

The ways in which we use our words reflect the way that we think. This is why it is crucial that we rely on the word of God and the power of the Holy Spirit to help us with our thoughts. Everyday, we are presented with situations and circumstances that call for us to respond. We have to ask ourselves what type of temperament are we going to display when we are confronted with these things. Will we select our words carefully, that they may bring life and peace, or will we resort to harsh tones and rude gestures? We can choose words

that bring life (to build up) or death (to tear down). *Every wise woman buildeth her house: but the foolish plucketh it down with her hands (Proverbs 14:1).*

Our responses to the situations that confront us are reflective of where we are in our character. This is why it is necessary to invest time in our relationship with the Lord. It will help us in our daily living and responses toward others. Our goal as Christian women is to be more Christ-like in our conversation and actions. When we study our bibles, we train our minds with God's word; furthermore, we learn his ways and follow his example. When prayer is a daily practice, it keeps us open and sensitive to God's heart on matters. When we sing and worship God we experience his peace. When we set aside time for fasting, it helps with discipline and self-denial.

Remember, the Holy Spirit is our helper and he brings the words of the bible back to our minds (John 14:26). Have you ever been in a challenging situation and all of a sudden a thought came to your mind that said, "Hold your peace?" Great

timing, right? Well, that's how committed God is to helping you choose your words carefully.

Have you detoured from making spiritual use of your words? Do you desire to return to becoming more Christ-like in your words and deeds? All it takes is committing your way to the Lord Jesus who said, he is the way, the truth, and the life (John 14:6).

When the tensions of life and its challenges confront you (and they will) ask the Lord for his help with passages from the scriptures such as: *Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers (Ephesians 4:29);*

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

The Holy Spirit will bring these words to your remembrance and help you to keep your thoughts and words pure toward yourself and others. Most importantly, you must

keep in mind that even after all of these things you still have to make the willful choice to abide in God's character. Dear sister, let's seek to use words that build up and stay away from the ones that tear down.

References

The Holy Bible: King James, Grand Rapids, MI: Zondervan Publishing, 1999.