

“OUR WORDS”

The *WORDS* we speak, & *HOW* we speak them, will greatly hinder or help our communication with each other! (Being aware of the wrong types of words, & avoiding them, can strengthen & heal a relationship!)

WORDS are NOT the CAUSE of every CONFLICT, but they can certainly ESCALATE or DE-ESCALATE a CONFLICT!

Psalm 19:14 “Let the words of my mouth, and the meditation of my heart, be acceptable in Thy sight, O Lord, my strength, and my Redeemer.”

Proverbs 21:23 “Whoso keepeth his mouth and his tongue keepeth his soul from troubles.”

James 1:26 “If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.”

James 3:5-8 “Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth! 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. For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: But the tongue can no man tame; it is an unruly evil, full of deadly poison.”

TYPES OF WORDS:

1. POSITIVE/ EDIFYING WORDS VS. CONDEMNING WORDS **(INCLUDES: JOKING/ MAKING FUN OF/ TEASING/ SARCASTIC WORDS)**

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

Proverbs 26:18-19 “As a mad man who casteth firebrands, arrows, and death, So is the man that deceiveth his neighbour, and saith, Am not I in sport?”

Ephesians 4:29 “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.”

Philippians 4:8 “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.”

2. CAREFUL (THOUGHT OUT) WORDS VS. HASTY WORDS

Psalm 141:3 “Set a watch, O Lord, before my mouth; keep the door of my lips.”

Proverbs 10:19 “In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.”

Proverbs 17:27-28 “He that hath knowledge spareth his words: and a man of understanding is of an excellent spirit. Even a fool, when he holdeth his peace, is counted wise: and he that shutteth his lips is esteemed a man of understanding.”

Proverbs 29:20 “Seest thou a man that is hasty in his words? there is more hope of a fool than of him.”

Ecclesiastes 5:1-2 “Keep thy foot when thou goest to the house of God, and be more ready to hear, than to give the sacrifice of fools: for they consider not that they do evil. Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few.”

3. LOYAL WORDS (WITHHELD WORDS) VS. GOSSIPING WORDS

Proverbs 10:18-21 “He that hideth hatred with lying lips, and he that uttereth a slander, is a fool. In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.”

Proverbs 18:8 “The words of a talebearer are as wounds, and they go down into the innermost parts of the belly.”

Proverbs 26:20 “Where no wood is, there the fire goeth out: so where there is no talebearer, the strife ceaseth.”

Proverbs 26:22 “The words of a talebearer are as wounds, and they go down into the innermost parts of the belly.”

4. KIND WORDS (SEASONED WITH GRACE/ PLEASANT WORDS) VS. POINTED/ HARSH/ HATEFUL WORDS

Proverbs 12:18 “There is that speaketh like the piercings of a sword: but the tongue of the wise is health.”

Proverbs 15:1-2 “A soft answer turneth away wrath: but grievous words stir up anger. The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness.”

Proverbs 15:26 “The thoughts of the wicked are an abomination to the Lord: but the words of the pure are pleasant words.”

Proverbs 16:24 “Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.”

Proverbs 26:24-25 “He that hateth dissembleth with his lips, and layeth up deceit within him; When he speaketh fair, believe him not: for there are seven abominations in his heart.”

Proverbs 31:26 “She openeth her mouth with wisdom; and in her tongue is the law of kindness.”

Colossians 4:6 “Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.”

5. FORGIVING WORDS VS. BITTER/ BEGRUDGING WORDS

Ephesians 4:32 “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”

Colossians 3:13 “Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”

Matthew 18:21-22 “Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.”

Romans 12:20-21 “Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil but overcome evil with good.”

Hebrews 12:14-15 “Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.”

6. GRATEFUL WORDS VS. COMPLAINING WORDS

Ephesians 5:20 “Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.”

Philippians 4:11-12 “Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.”

Colossians 3:15 “And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”

I Timothy 6:6 “But godliness with contentment is great gain.”

7. RESPECTFUL WORDS VS. DISRESPECTFUL WORDS

Exodus 20:12 “Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.”

Matthew 7:12 “Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.”

Romans 12:10 “Be kindly affectioned one to another with brotherly love; in honour preferring one another”

Philippians 2:3 “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.”

I Peter 2:17 “Honour all men. Love the brotherhood. Fear God. Honour the king.”

8. HONEST WORDS VS. LYING/ DECEPTIVE WORDS

Psalm 55:21 “The words of his mouth were smoother than butter, but war was in his heart: his words were softer than oil, yet were they drawn swords.”

Psalm 120:2 “Deliver my soul, O Lord, from lying lips, and from a deceitful tongue.”

Proverbs 8:7 “For my mouth shall speak truth; and wickedness is an abomination to my lips.”

Proverbs 12:17 “He that speaketh truth sheweth forth righteousness: but a false witness deceit.”

Proverbs 12:22 “Lying lips are abomination to the Lord: but they that deal truly are his delight.”

Proverbs 20:19 “He that goeth about as a talebearer revealeth secrets: therefore meddle not with him that flattereth with his lips.”

Proverbs 26:28 “A lying tongue hateth those that are afflicted by it; and a flattering mouth worketh ruin.”

9. SINCERE WORDS VS. FLATTERING WORDS

Psalm 12:3 “The Lord shall cut off all flattering lips, and the tongue that speaketh proud things.”

Philippians 1:9-11 “And this I pray, that your love may abound yet more and more in knowledge and in all judgment; That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ. Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God.”

10. RIGHTEOUS/ WHOLESOME WORDS VS. UNRIGHTEOUS WORDS

Proverbs 8:6-7 “Hear; for I will speak of excellent things; and the opening of my lips shall be right things. For my mouth shall speak truth; and wickedness is an abomination to my lips.”

Proverbs 8:8 “All the words of my mouth are in righteousness; there is nothing froward or perverse in them.”

Proverbs 10:20-21 “The tongue of the just is as choice silver: the heart of the wicked is little worth. The lips of the righteous feed many: but fools die for want of wisdom.”

Proverbs 10:32 “The lips of the righteous know what is acceptable: but the mouth of the wicked speaketh forwardness.”

Proverbs 15:4 “A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit.”

I Peter 3:10 “For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile.”

11. HUMBLE WORDS VS. PRIDEFUL WORDS

Proverbs 11:2 “When pride cometh, then cometh shame: but with the lowly is wisdom.”

Proverbs 27:2 “Let another man praise thee, and not thine own mouth; a stranger, and not thine own lips.”

Proverbs 29:23 “A man’s pride shall bring him low: but honour shall uphold the humble in spirit.”

Romans 12:3-5 “For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith. For as we have many members in one body, and all members have not the same office: So we, being many, are one body in Christ, and every one members one of another.”

I Peter 5:5 “Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.”

12. WORDS SPOKEN BY YOUR ACTIONS

Romans 12:1-2 “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

Titus 2:7-8 “In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity, Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you.”

I John 3:18 “My little children, let us not love in word, neither in tongue; but in deed and in truth.”

13. PRAYING WORDS

I Timothy 2:8 “I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting.”

I Thessalonians 5:17 “Pray without ceasing.”

James 5:16 “Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

14. SCRIPTURE WORDS

Colossians 3:16 “Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”

Ephesians 5:19 “Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.”