

10 ESSENTIALS FOR MEN

Soul | Week Four

4. WORDS WE SPEAK

Thought

God created the entire universe with words. Since God's words have power and we are His children, isn't it logical that our words would also be powerful? Our lives are shaped by the words we say or choose not to say. Think of all the words you speak on a given day. Do they reflect what you believe in your heart? As believers, the words we use should reflect our love for God and God's love for us. James, the brother of Jesus, says that if we say we are Christians and love God but our attitudes and actions reflect something different, we are deceiving ourselves. The things we say should be consistent with what God says. As men of integrity, we must be mindful of our words.

Scripture

"The tongue has the power of life and death, and those who love it will eat its fruit."

— Proverbs 18:21 NIV

"Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless."

— James 1:26 NIV

Discussion Questions

- What is one area/situation in your life where you can speak positively?
- Describe a time when you applied God's positive words to a situation, and you saw it change.
- If you were an outside observer of your typical day, how would you rate the way your words reflect the love of God on a scale of 1-10? Explain.

Action Step

Be aware of how you talk to yourself and ask God to help you see yourself as He sees you.



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