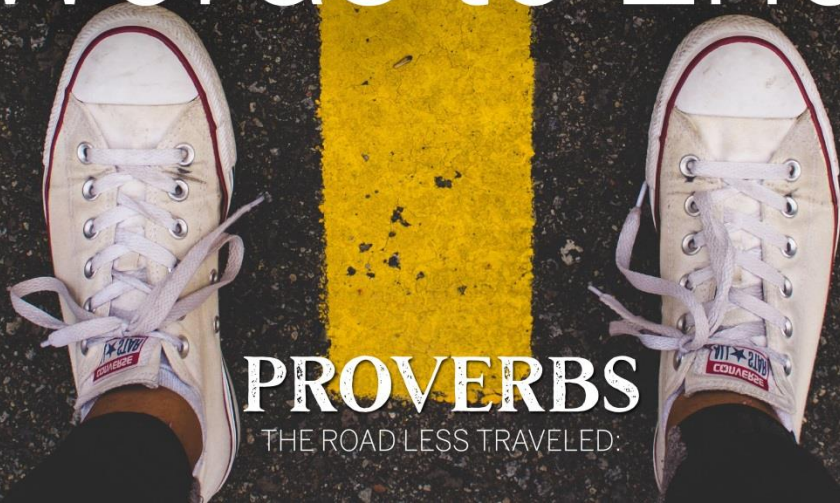


# Sticks & Stones: Using Words to Encourage



**PROVERBS**

THE ROAD LESS TRAVELED:

*“Sticks and stones may break my bones but words will never hurt me.”*

**Words have astounding power.**

# Proverbs 18:21

<sup>21</sup> Death and life are in the power of the tongue,  
and those who love it will eat its fruits.

# Words have astounding power.

- **Reveal the truth of God**

# Words have astounding power.

- Reveal the truth of God
- **Reveal who we are**

**Words can be Death.**

# Words can be Death.

- **Abomination to God**



## Proverbs 15:26

<sup>26</sup> The thoughts of the wicked are an abomination to the LORD, but gracious words are pure.

# Words can be Death.

- Abomination to God
- **Hurt ourselves**

## Proverbs 12:13

<sup>13</sup> An evil man is ensnared by the transgression of his lips, but the righteous escapes from trouble.

## Proverbs 13:3

<sup>3</sup> Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin.

# Words can be Death.

- Abomination to God
- Hurt ourselves
- **Hurt others**

# Words can be Death.

- Abomination to God
- Hurt ourselves
- **Hurt others**
  - **Damage that can be done**

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - **Damage that can be done**
    - **Tick off**

# Proverbs 15:1

<sup>1</sup> A soft answer turns away wrath,  
but a harsh word stirs up anger.

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - **Damage that can be done**
    - Tick off
    - **Discourage**



## Proverbs 15:4

4 A gentle tongue is a tree of life,  
but perverseness in it breaks the spirit.

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - **Damage that can be done**
    - Tick off
    - Discourage
    - **Cut**

## Proverbs 12:18

<sup>18</sup> There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - **Damage that can be done**
    - Tick off
    - Discourage
    - Cut
    - **Destroy reputations and relationships**

## Proverbs 16:27-28

- 27 A worthless man plots evil,  
and his speech is like a scorching fire.
- 28 A dishonest man spreads strife,  
and a whisperer separates close friends.

# Words can be Death.

- Abomination to God
- Hurt ourselves
- **Hurt others**
  - Damage that can be done
  - **Unhealthy verbal practices**

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - Damage that can be done
  - **Unhealthy verbal practices**
    - **Not speak truthfully**

# Proverbs 12:19

<sup>19</sup> Truthful lips endure forever,  
but a lying tongue is but for a moment.



# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - Damage that can be done
  - **Unhealthy verbal practices**
    - Not speak truthfully
    - **Slander**

## Proverbs 10:18

<sup>18</sup> The one who conceals hatred has lying lips,  
and whoever utters slander is a fool.

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - Damage that can be done
  - **Unhealthy verbal practices**
    - Not speak truthfully
    - Slander
    - **Gossip**

# Proverbs 16:28

<sup>16</sup> A dishonest man spreads strife,  
and a whisperer separates close friends.

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - Damage that can be done
  - **Unhealthy verbal practices**
    - Not speak truthfully
    - Slander
    - Gossip
    - **Speak harshly**

# Proverbs 15:1

<sup>1</sup> A soft answer turns away wrath,  
but a **harsh word stirs up anger.**

# Words can be Death.

- Abomination to God
- Hurt ourselves
- Hurt others
  - Damage that can be done
  - **Unhealthy verbal practices**
    - Not speak truthfully
    - Slander
    - Gossip
    - Speak harshly
    - **Speak thoughtlessly (No restraint)**

## Proverbs 13:3

<sup>3</sup> Whoever guards his mouth preserves his life;  
he who opens wide his lips comes to ruin.

## Proverbs 15:28

<sup>28</sup> The heart of the righteous ponders how to answer,  
but the mouth of the wicked pours out evil things.



**Words can be Life.**

# Words can be Life.

- **Delight to God**

## Proverbs 12:22

<sup>22</sup> Lying lips are an abomination to the LORD,  
but those who act faithfully are his delight.

# Words can be Life.

- Delight to God
- **Help ourselves**

## Proverbs 13:3

**3 Whoever guards his mouth preserves his life;**  
he who opens wide his lips comes to ruin.

## Proverbs 12:13-14

**13** An evil man is ensnared by the transgression of his lips but the righteous escapes from trouble.

**14** **From the fruit of his mouth a man is satisfied with good,** and **the work of a man's hand comes back to him.**

# Words can be Life.

- Delight to God
- Help ourselves
- **Help others**

# Words can be Life.

- Delight to God
- Help ourselves
- **Help others**
  - **Health improved**

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - **Health improved**
    - **Emotional healing**



## Proverbs 12:6

6 The words of the wicked lie in wait for blood,  
but the mouth of the upright delivers them.

## Proverbs 12:18

18 There is one whose rash words are like sword thrusts,  
but the tongue of the wise brings healing.

## Proverbs 16:24

24 Gracious words are like a honeycomb,  
sweetness to the soul and health to the body.

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - **Health improved**
    - Emotional healing
    - **Bring wisdom**

## Proverbs 10:31

<sup>31</sup> The mouth of the righteous brings forth wisdom,  
but the perverse tongue will be cut off.

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - **Health improved**
    - Emotional healing
    - Bring wisdom
    - **Persuade**

## Proverbs 16:23

<sup>23</sup> The heart of the wise makes his speech judicious and adds persuasiveness to his lips.

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - **Health improved**
    - Emotional healing
    - Bring wisdom
    - Persuade
    - **Build trust**

## Proverbs 12:17

**17 Whoever speaks the truth gives honest evidence,  
but a false witness utters deceit.**

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - Health improved
  - **Healthy verbal practices**



# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - Health improved
  - **Healthy verbal practices**
    - **Speak truthfully**

## Proverbs 12:19

**19 Truthful lips endure forever,**  
but a lying tongue is but for a moment.

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - Health improved
  - **Healthy verbal practices**
    - Speak truthfully
    - **Speak positively**

## Proverbs 15:2

<sup>2</sup> The tongue of the wise commends knowledge,  
but the mouths of fools pour out folly.

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - Health improved
  - **Healthy verbal practices**
    - Speak truthfully
    - Speak positively
    - **Speak gently**

## Proverbs 15:1

<sup>1</sup> A soft answer turns away wrath,  
but a harsh word stirs up anger.

## Proverbs 15:4

<sup>4</sup> A gentle tongue is a tree of life,  
but perverseness in it breaks the spirit.

# Words can be Life.

- Delight to God
- Help ourselves
- Help others
  - Health improved
  - **Healthy verbal practices**
    - Speak truthfully
    - Speak positively
    - Speak gently
    - **Speak thoughtfully (restraint)**

## Proverbs 12:18

<sup>18</sup> There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

## Proverbs 15:28

<sup>28</sup> The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

## Proverbs 16:23

<sup>23</sup> The heart of the wise makes his speech judicious and adds persuasiveness to his lips.



# Takeaways:

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- **Who has used words to bring life to you?**

# Takeaways:

- Who has used words to bring life to you?
- **Who has used words destructively in your life?**

# Takeaways:

- Who has used words to bring life to you?
- Who has used words destructively in your life?
- **Is there anyone with whom you have used words destructively?**

# Takeaways:

- Who has used words to bring life to you?
- Who has used words destructively in your life?
- Is there anyone with whom you have used words destructively?
- **Look for opportunities to use words to encourage others this week.**