



Choosing Words of Life
as presented by Mary Lowman
The Christian Working Woman Summer Session II
July 16 – 20, 2018

Day 3 - Wednesday, July 18, 2018

The tongue has the power of life and death...(Proverbs 18:21)

Your Words Affect You

We're frequently victims of our own words—of self-fulfilling prophecies. The words you say are having a great influence on your attitude, your productivity, your motivation, and your self-respect.

Our words quite often give Satan ammunition which he uses to defeat us. We're in a war—a spiritual war—and our loose tongues can give our enemy an advantage.

Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. (Romans 6:13)

We all make mistakes in all kinds of ways, but the man who can claim that he never says the wrong thing can consider himself perfect, for if he can control his tongue he can control every other part of his personality. (James 3:1 Phillips Translation)

If you bring your words in line, you will bring your whole personality in line.

1. You will get rid of self-pity.
2. You will get rid of a lot of stress.
3. You will get rid of a self-focus in your life.
4. You will improve your relationships.
5. You will improve your performance.
6. You'll be more compassionate and caring.
7. In other words, you'll be more like Jesus.



Take a quick inventory of the negative words you often say to yourself, either out loud or in your head. Check the ones that you need to eliminate:

- I'm too tired.
- I don't feel well.
- I didn't get anything done today.
- I just cannot do that!
- This weather is terrible.
- I don't have time to do it.
- It's not my job.
- I look terrible.
- Oh no, it's Monday! (or whatever day)
- I'm never going to lose weight!

Notice that all of these words of death are from yourself to yourself and they can all be self-fulfilling prophecies. What good does it ever do to say these kinds of words? What could you say instead?

Challenge: Choose the one or two that are really ingrained bad habits for you, and determine by God's grace to get through an entire day without using those words. Make it a matter of prayer. Trust God to help you.

Example: Instead of getting into the "I'm so tired" rut, stop every time you begin that sentence and replace it with "I'm so blessed," or "I'm so privileged" or "I'm so thankful."

You can break those bad habits of speaking death to yourself by replacing those words with words of life. It's your choice, so choose words of life!