



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

Day 4 - Thursday, July 19, 2018

Words of Life

A gentle answer turns away wrath...(Proverbs 15:1)

If you speak with gentle words, you can dissipate someone else's wrath. Just a gentle tone of voice, quiet and controlled, tends to calm someone down when they're upset or angry. Words like, "I'm so sorry," or "I can understand how you feel" have a calming effect. When you're dealing with someone who is angry or upset, ask God to give you gentle, calm words to turn away that wrath. It will work; I guarantee you.

A man finds joy in giving an apt reply—and how good is a timely word! (Proverbs 15:23)

*Reckless words pierce like a sword, but the tongue of the wise brings healing.
(Proverbs 12:18)*

*Pleasant words are a honeycomb, sweet to the soul and healing to the bones.
(Proverbs 16:24)*

Your own pleasant words can bring healing to your own soul and bones. And they can bring healing to others, too.

A timely word is something you say to someone at just the right moment. We need to become more and more adept at timely words, sensing when someone needs a compliment, a word of praise, or some words of comfort.



PRAY ABOUT YOUR WORDS:

I have resolved that my mouth will not sin. (Psalm 17:3)

He who guards his mouth and his tongue keeps himself from calamity. (Proverbs 21:23)

... pleasant words promote instruction. (Proverbs 16:21)

*Pleasant words are a honeycomb, sweet to the soul and healing to the bones.
(Proverbs 16:24)*

*...set an example for the believers in speech, in life, in love, in faith and in purity.
(1 Timothy 4:12)*

*Set a guard over my mouth, O Lord; keep watch over the door of my lips.
(Psalm 141:3)*

*The lips of the righteous nourish many, but fools die for lack of judgment.
(Proverbs 10:21)*

My brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. (James 1:19)

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.
(Ephesians 4:29)*

Question-Generating Lives.

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect. . . (1 Peter 3:15)



What would be question-generating responses to these situations?

Case #1: Your co-worker has, for some reason, decided to pick on you. He or she makes fun of you whenever they can, points out to everyone any mistakes you make, seems to try to upset you and make you angry.

Your gentle and respectful response:

Case #2: Your boss accuses you of something for which you're not guilty. He or she blames you for a problem you did not cause.

Your gentle and respectful response:

Case #3: A co-worker is going through a difficult problem in her life, and she is often distressed, tearful, and finds it difficult to make it through the day.

Your gentle and respectful response:

Case #4: Everyone in your office loves to gripe and complain. The environment is very negative and depressing.

Your gentle and respectful response:



Case #5: The workload on your job is heavy and everyone's under a great deal of stress with heavy deadlines. Tensions are often high because of the stressful situation.

Your gentle and respectful response:

Are you ready to give answers about your faith? In giving answers, there are some basics you need to keep in mind:

1. Don't appear as though you know it all.
2. Don't have a holier-than-thou response.
3. Don't overwhelm them with everything you know at once.
4. Reply with gentleness and respect.
5. Have wisdom in knowing what words to speak and what words to avoid.

*Set an example for the believers in speech, in life, in love, in faith and in purity.
(1 Timothy 4:12)*

Help me to be quick to listen and slow to speak. (James 1:19)