



The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence. Hatred stirs up conflict, but love covers over all wrongs.

Proverbs 10:11-12

A gentle answer turns away wrath, but a harsh word stirs up anger. The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

Proverbs 15:1,4

The power of your words

Modern medicine and medical equipment are powerful! An antibiotic can kill off a virus. A respirator can keep failing lungs breathing. A shock from a defibrillator can jumpstart a flatlined heart. When there are so many things can hurt us, we praise God for giving doctors technology that can bring us life.

In Proverbs 10 and 15, God explains how our words have the power to give life. But you know they also have the power to do serious damage. Have you been hurt by someone else's words? Has someone made fun of the way you look or dress and it just crushed you? Have you ever been made fun of in front of your friends and you burned with anger only to then melt in tears? Has anyone ever seen you have a bad day and rubbed it in by telling you how great their life is going right now? You may remember those moments for a long time.

We can remember the pain we've cause others with our words too. We've said things that tear up friendships, crush someone's confidence, and break their heart. Our words have caused serious damage.

So God wants you to remember *his* words always give life. God breathed life into you when you were baptized, when you first heard his voice and believed. His words of forgiveness cover up every one of your sins. Jesus' words on the cross "IT IS FINISHED!" took away any and all tension between you and God. God's words of love keep your soul secure in peace. Like drinking from a water fountain, the Word of God nourishes us so we can love the people God has put in our lives.

And how should we love them? With our words! Like that technology doctors use to give people life, your words can restore the lives of others. For the person you've hurt, tell them you're sorry and you love them. For the friend who feels alone, tell them you're here for them. For the person who feels guilty, tell them Jesus has forgiven all their sin and loves them more than they could ever imagine. These are the power of words! Let's use them to give life!

Prayer: Dear Lord, just as you used your words to give and sustain my life, help me to use my words to give life to others. Use my mouth as a fountain of life to restore, encourage, and love my friends and family. Amen.