

INTRO



LOADED WORDS

RECOGNIZING THE **POWER** OF WORDS

BY **TRISH ROUSU**



POWER OF WORDS

I GREW UP IN A HUNTING FAMILY. MY DAD WOULD OFTEN TELL PEOPLE THAT I'D "OUTSHOOT ALL OF THE BOYS" WHICH WAS A PRETTY BIG DEAL CONSIDERING I HAVE 4 BROTHERS. MOST LIKELY THE REASON WHY I SHOT SO WELL WAS BECAUSE I INTENTIONALLY TOOK TIME TO LOOK DOWN THE BARREL TO FOCUS ON MY AIM; I WOULD WAIT FOR THE TIMING TO BE PERFECT. OTHERS WOULD USE THE POINT AND SHOOT METHOD WHERE YOU POINT THE BARREL IN THE GENERAL DIRECTION WITHOUT FOCUSING ON WHAT YOU'RE AIMING AT. I WAS LEARNING THAT ONE PERFECTLY AIMED SHOT WAS MORE EFFECTIVE THAN SEVERAL SHOTS POINTED IN THE GENERAL DIRECTION.

IN LIFE I'VE FOUND THAT MY WORDS CAN BE USED IN THE SAME WAY. I'VE USED MY WORDS IN EFFECTIVE POINTED WAYS THAT HELP TO ACCOMPLISH A MISSION. UNFORTUNATELY, HOWEVER, THAT HASN'T ALWAYS BEEN THE CASE. COUNTLESS TIMES MY WORDS HAVE BEEN USED IN A WAY THAT HAS CAUSED MORE HARM THAN GOOD. I'VE USED MY WORDS TO HURT, HARM, AND DESTROY RELATIONSHIPS. I'VE USED MY WORDS CARELESSLY.

A GUN HAS THE POWER TO BRING NOURISHMENT AND PROTECTION TO YOUR LIFE. HOWEVER, WHEN A GUN IS USED CARELESSLY IT HAS THE POWER TO DESTROY LIVES AND BRING DEATH. **OUR WORDS ARE LIKE A LOADED GUN - FULL OF POWER. OUR WORDS CAN BE USED TO BRING LIFE AND ALSO DEATH.**

TAKE SOME TIME TO LOOK UP THESE VERSES THIS WEEK:

PROVERBS 18:21

PROVERBS 12:18

PROVERBS 15:1-2

GENESIS 1:1-31

PSALM 33:6

"THE TONGUE HAS THE POWER
OF LIFE AND DEATH"

PROVERBS 18:21a

QUESTIONS TO CONSIDER

WHAT IS YOUR TAKE AWAY FROM READING THESE SCRIPTURES?

HOW HAVE YOU SEEN WORDS USED IN A WAY THAT BRINGS DESTRUCTION?

HOW HAVE YOU SEEN WORDS USED IN A WAY THAT BRINGS LIFE AND HOPE?

CHALLENGE

PAUSE AND PRAY:
ASK GOD TO HELP YOU TO REMEMBER
THAT **YOUR WORDS HAVE POWER.**



CONVERSATIONS WITH YOURSELF

JESUS TELLS US IN MATTHEW 12:31 THAT WE'RE TO, "LOVE OUR NEIGHBORS AS OURSELVES". I REMEMBER COMING ACROSS THIS PASSAGE AS A TEEN AND TELLING MYSELF THAT I LOVED OTHERS BUT I REALLY DIDN'T LOVE MYSELF. I FELT THE CONVICTION OF THE HOLY SPIRIT TELLING ME THAT MY LOVE FOR OTHERS WOULDN'T BE GENUINE UNTIL I LEARNED TO EXTEND MYSELF LOVE AND GRACE. FOR ME I'VE FOUND THIS TO BE MY BIGGEST HURDLE IN LOVING OTHERS. MY SELF LOVE AND THE WORDS I'VE SPOKEN TO MYSELF HAVE BEEN DOWN-RIGHT AWFUL. THEY'VE OVERFLOWED OUT OF ME INTO THE LIVES OF THOSE AROUND ME. I STRUGGLED LOVING AND FULLY ACCEPTING OTHERS BECAUSE I DIDN'T LOVE AND ACCEPT MYSELF.

WHAT IS SOMETHING THAT YOU SAY TO YOURSELF THAT IS HARMFUL?

WHAT IS SOMETHING THAT YOU SAY TO YOURSELF THAT IS HELPFUL?

HOW ARE YOU DOING IN SHOWING YOURSELF LOVE?

DO YOU SEE YOUR LOVE FOR YOURSELF IMPACT THE WAY YOU GENUINELY LOVE OTHERS?

THE WORDS YOU SPEAK **TO YOURSELF** HAVE POWER. LEARNING TO MANAGE THE THOUGHTS THAT YOU HAVE TOWARDS YOURSELF IS A VERY IMPORTANT STEP IN LEARNING TO **TRULY LOVE OTHERS**

TAKE SOME TIME TO LOOK UP THESE VERSES THIS WEEK:

PROVERBS 23:7

PHILIPPIANS 4:8

COLOSSIANS 3:1-4

PSALM 19:14

"FOR AS HE THINKS IN HIS HEART, SO IS HE."

PROVERBS 23:7a

QUESTIONS TO CONSIDER

WHAT IS YOUR TAKE AWAY FROM READING THESE SCRIPTURES?

IN WHAT WAYS ARE THE SCRIPTURES ENCOURAGING YOU TO DIRECT YOUR THOUGHTS?

IN WHAT WAYS CAN YOU LEARN FROM THESE SCRIPTURES TO BE NICER TO YOURSELF?

CHALLENGE

**PAUSE AND PRAY:
ASK GOD TO HELP YOU TO
LOVE YOURSELF.**

CONVERSATIONS WITH OTHERS

DO YOU EVER WALK AWAY FROM A CONVERSATION THINKING “**I WONDER WHAT THEY MEANT WHEN THEY SAID ____?**” OR “**I CAN’T BELIEVE I SAID ____**” OR “**I WISH I WOULD’VE SAID ____**”?

IN MY LIFE I’VE ALLOWED THE WORDS OF OTHER PEOPLE TO WEIGH ME DOWN AND HOLD ME BACK. I’VE HAD CONVERSATIONS RIP THROUGH MY HEAD AND MY HEART ON AN ENDLESS SPIN CYCLE. I’VE ALLOWED THE WORDS OF OTHERS TO HOLD ME BACK FROM DOING THINGS I REALLY WANTED TO DO. I’VE ALLOWED THE WORDS OTHERS HAVE SPOKEN ABOUT ME TO BECOME THE WAY I VIEW MYSELF. I’VE ALLOWED IT.

IF WE ARE HONEST, WE PROBABLY GIVE THE THOUGHTS OTHERS HAVE TOWARDS US MORE POWER THAN THEY DESERVE. WE MIGHT EVEN VALUE WHAT OTHERS THINK OF US MORE THAN WHAT GOD SAYS OF US.

WHAT DO PEOPLE COMPLIMENT ABOUT YOU?

HOW DO YOU REACT WHEN PEOPLE COMPLIMENT YOU?

HOW DO THOSE WORDS BUILD YOUR CONFIDENCE?

WHAT NEGATIVE THINGS DO OTHERS SAY ABOUT YOU?

HOW DO YOU FEEL WHEN YOU HEAR THESE THINGS?

IN WHAT WAY DO YOU ALLOW THOSE WORDS TO SPEAK INTO YOUR LIFE?

WHEN WE REALIZE THE IMPACT OTHERS’ WORDS HAVE HAD ON US, WE IN TURN REALIZE THE IMPACT OUR WORDS HAVE ON OTHERS. WHEN WE LEARN TO USE OUR WORDS IN A WAY THAT SPEAKS LIFE AND HOPE TO OTHERS WE ARE LIVING OUR LIFE AS JESUS INSTRUCTED.

TAKE SOME TIME TO LOOK UP THESE

LUKE 6:31

LUKE 6:27-36

MATHEW 7:12

GALATIANS 5:13-14

“DO TO OTHERS AS YOU WOULD LIKE THEM TO DO TO YOU”

LUKE 6:31

QUESTIONS TO CONSIDER

WHAT IS YOUR TAKE AWAY FROM READING THESE SCRIPTURES?

HOW CAN YOU USE YOUR WORDS TO BRING LIFE TO OTHERS?

DO YOU BELIEVE THAT GOD WANTS TO USE YOU TO BRING HOPE TO THE WORLD AROUND YOU?

WHO IS ONE PERSON THAT YOU CAN HELP BRING HOPE TO THROUGH THE POWER OF YOUR WORDS?

CHALLENGE

PAUSE AND PRAY:

ASK GOD TO HELP YOU **LOVE OTHERS** AND TO USE YOUR WORDS IN A WAY THAT **BRING LIFE**.



WHAT HE SAYS ABOUT US MATTERS MOST

THERE WAS ONLY ONE PERFECT PERSON WHO EVER LIVED, AND HE THINKS YOU'RE PRETTY GREAT! SO GREAT THAT HE DIED ON THE CROSS FOR YOU. WHEN HE DIED FOR YOU HE REDEEMED YOU AND SANCTIFIED YOU. HE KNEW THAT YOU'D FALL SHORT OF HIS GLORY AND THAT YOU'D HAVE WEAKNESSES, YET, HE STILL DIED FOR YOU. HE LOVES YOU SO MUCH!

"MY GRACE IS SUFFICIENT FOR YOU, FOR MY STRENGTH IS MADE PERFECT IN WEAKNESS. " THEREFORE MOST GLADLY I WILL RATHER BOAST IN MY INFIRMITIES, THAT THE **POWER OF CHRIST** MAY REST UPON ME. THEREFORE I TAKE PLEASURE IN INFIRMITIES, IN REPROACHES, IN NEEDS, IN PERSECUTIONS, IN DISTRESSES, FOR CHRIST'S SAKE. FOR WHEN I AM WEAK, **THEN I AM STRONG.**

2 CORINTHIANS 12:9

TAKE SOME TIME TO LOOK UP THESE VERSES

2 CORINTHIANS 12:9

JOHN 3:16-17

ROMANS 3:23-26

1 CORINTHIANS 6:19-20

QUESTIONS TO CONSIDER

WHAT IS YOUR TAKE AWAY FROM READING THESE SCRIPTURES?

IN WHAT WAYS CAN YOU ALLOW GOD'S TRUTH TO HEAL THE WOUNDED PARTS OF YOUR HEART?



SPEAK THE WORDS OF TRUTH THAT GOD SAYS ABOUT YOU TO FIGHT THE LIES YOU BELIEVE ABOUT YOURSELF. REMEMBER THAT THE SAME GOD WHO USED HIS WORDS TO CREATE THE SUN, MOON, STARS, OCEAN, LEAVES, BIRDS, AND ALL LIVING THINGS -HE IS SPEAKING TO YOU. HIS WORDS ARE LOADED WITH LIFE AND HOPE FOR YOU.

TAKE SOME TIME TO LOOK UP THESE VERSES:

PSALM 139:1-24

MATTHEW 6:25-34

ROMANS 8:37-39

2ND CORINTHIANS 5:17-21

COLOSSIANS 3:8-11

2 TIMOTHY 1:6-13

"I PRAISE YOU BECAUSE I AM FEARFULLY AND WONDERFULLY MADE; YOUR WORKS ARE WONDERFUL, I KNOW THAT FULL WELL"

PSALM 139:14

QUESTIONS TO CONSIDER

WHAT IS YOUR TAKE AWAY FROM READING THESE SCRIPTURES?

WHAT DO YOU FEEL LIKE HE IS SAYING ABOUT YOU?

IN WHAT WAYS CAN YOU START LIVING YOUR LIFE TO LIVE OUT WHO GOD SAYS YOU ARE?

IN WHAT WAYS CAN YOU CONTINUE TO TAKE RESPONSIBILITY TO KNOW WHAT GOD SAYS ABOUT YOU?

PAUSE AND PRAY:

ASK GOD WHAT HE SAYS ABOUT YOU.