

## Be Different Part 7: Wounded

**Objective:** To challenge us to use words of healing rather than inflicting pain when we are wounded.

**Read together:**

Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. 9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. 10 For, “Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. 11 They must turn from evil and do good; they must seek peace and pursue it.

I Peter 3:8-11

Wounds from a friend can be trusted, but an enemy multiplies kisses.  
Proverbs 27:6

Bear with each other and forgive one another if any of you has a grievance against someone.  
Forgive as the Lord forgave you.

Colossians 3:13

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. 30 And do not grieve the Holy Spirit of God...

Ephesians 4:29-30

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

- Think about the last time someone spoke harshly or hurtfully to you. What was your first response? Did you stop and ask yourself what was going on in their lives at that moment? Would that have made a difference in your response?
- When you are criticized, do you immediately dismiss it or do you stop to see if there is any truth in what was said?
- When someone has wounded you with their words, are you more inclined to confront them, talk about them or bottle it up?
- Think about the words you speak ABOUT people. Do they tend to be words that build up or words that tear down? What about the words you speak TO people? (Especially those who have hurt you.). Why is it so much harder to build up than it is to tear down?
- When you have to have a difficult conversation with someone, are you more focused on pointing out what is wrong (what they've done wrong) or are you more focused on addressing the issue and finding resolution? What does it look like to have a conversation that is focused on issues rather than on personalities?
- When you are hurt or irritated with someone, do you take the time to talk to God about it? If you did, how might that change your responses to those who have hurt you?

**Final Thought:** Like it or not, you will be wounded by the words of others. When that happens you can choose to spread the pain around or you can choose to use your words to bring healing to yourself and to others.

