

October 19th, 2025
Sticks & Stones - Week 3

We know all too well WORDS can Heal, Strengthen & Build, but WORDS can also Kill & Destroy!

Proverbs 18:21 NIV

Our lives, mine included, have all been shaped to some extent by the words spoken TO us, the words spoken AT us, the words spoken OVER us, and the words spoken ABOUT us.

We are responsible to be good stewards of the weight of our words and how they land with other people, because we've been called to be others first people.

Week 1: Words aren't equally weighted. Some words weigh more than others, and negatives usually outweigh the positives, and that the ratio of our words is important if we want people to hear what we're actually saying.

Week 2: Source determines Substance. Who is speaking to us, determines the impact of it.

Today I want us to consider that Intent is usually Irrelevant. In other words, there's no necessary correlation between what we intended to say and the outcome of what we said.

When we're on the receiving end of hurtful words, accidental hurtful words, and the offender begins explaining what they really meant, it's irritating and it's irrelevant. We don't need an explanation, we need to be glued back together, and an explanation doesn't glue us back together.

What we're really doing, is we're blaming the person we hurt for taking what we said the way they took it!

When we combine an explanation with our apology, not only does the other person feel blamed, they also feel an expectation. Since I've explained myself, I expect you to feel better now.

Apologies don't reverse and erase accidental injuries to the body. AND apologies don't reverse and erase accidental injuries to the soul when words are the damaging tool.

James 3:2 NIV

Word fires are extinguished with...

1.) A big dose of Humility!

Think about it this way: An Explanation elevates me. Humility elevates the other person.

2.) A big dose of Sensitivity

- I'm so sorry.
- Stop talking.
- Would you please forgive me?

The good news is this: your mouth that's so dangerous, is also a tool that can bring about good, if you'll choose to use it that way, if you will bring a big dose of humility and sensitivity back into the relationship.