

October 12th, 2025
Sticks & Stones - Week 2

How many remember the nursery rhyme, “sticks and stones will break my bones, but WORDS will never hurt me!”? Or you’ve been told that Actions speak louder than WORDS.

The fact is, when it comes to our more intimate relationships, family dynamic, the people we consider good friends, WORDS will Heal, Strengthen, Build, or WORDS will Kill and Destroy!

Proverbs 18:21 NIV

The relationship you have with others is rarely the same relationship they have with you.

There's an Inequality whenever one party is dependent upon or needs the other.

Now, to be clear, everyone's of equal value in the relationship, but there's unequal power, influence, and authority.

We have all been on the receiving end of words that have built us up, but unfortunately, most of us have been on the [far more reaching] receiving end of words that have torn us down, left us wondering, or taken away our confidence.

That's the Power of Words: they can take us back decades in an instant!

A lot of us have been crushed, and yet we’re still pretty slow in taking responsibility for how OUR words land and impact others!

What the Apostle Paul was fleshing out in Ephesians was Jesus’ command that we are to love one another as Christ has loved us! We are supposed to make decisions, and choose words, and respond, in such a way that the person on the other side of us actually benefits by being in a relationship with us!

Last Week Review:

I. Our WORDS are not Equally Weighted.

In other words, all words don't weigh the same.

II. The Source determines the Significance.

The Weight of a Word is determined ultimately by the source of WHO spoke the word!

Here's what it looks like:

- Source determines Weight
- Weight determines Impact (how it lands)
- Impact determines Outcome

Source determines Significance.

Biblically, we have a responsibility with our WORDS because we have been commanded by Christ to love others the way that God through Christ has loved them, which includes the WORDS that we use.

Ephesians 4:29 NIV

1.) You're the Salt of the Earth

So, our WORDS should do what Salt does. Preserve and Protect. Never harm, never undermine.

2.) You are the Light of the World

Our words should bring light and life to every single person we meet, even those on the other side of us.

1 Corinthians 13:1 NIV

1.) Take account of your WORDS this week!

2.) Surround yourself with Good Sourced people.

3.) Write some positive texts this week!

4.) Apologize to your Spouse and kids... and other drivers on the road :)