

October 5th, 2025
Sticks & Stones - Week 1

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.

That might be true in New Relationships when we’re trying to put our best foot forward, BUT, when it comes to our more intimate relationships, family relationships, the people we consider good friends, well that’s a different story. WORDS can Heal or WORDS can Destroy!

Proverbs 18:21 NIV

Truth 1: The more intimate the relationship, the louder, or the weightier, our words become.

Truth 2: WORDS left unsaid have a huge potential to negatively impact the trajectory of a person's life.

Question: Have you ever been crushed by someone's words?

WORDS spoken TO us, AT us, and OVER us, have actually impacted or determined, to some extent, who we see in the mirror to this very day!

But what is also true, is we're often slow to admit the fact that OUR words have equal power in the lives of other people in our lives.

Ephesians 5:1-2 NIV

Truth 3: We don't get to define the “way of love” on our terms, because it has already been defined for us.

Ephesians 4:29 NIV

Honesty is making sure that what you say is truthful. Honesty is not saying *everything* that's true. It's a big difference.

Lesson I: Words are not equally weighted. Negative words weigh way MORE than positive words!

We are responsible for the damage we do with our words, and we are responsible for the stewardship we have with our words.

If you want your correction to impact your children's direction, you've got to adjust your ratio.

So between now and next time, here's a couple of questions to think about. Where do you have work to do?

- Where do I need to learn the Way of Love?
- I HONESTLY don't have to say everything!
- Do I allow unwholesome talk to come out of my mouth?
- What's my Positive to Negative Ratio?