

Words...

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Ephesians 4:29 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.

Proverbs 11:9 "Evil words destroy one's friends; wise discernment rescues the godly."

Proverbs 11:17 "Your own soul is nourished when you are kind, but you destroy yourself when you are cruel."

Proverbs 15:4 "Gentle words bring life and health; a deceitful tongue crushes the spirit."

"I want you to imagine that every conversation is like a construction site and your words are building materials. Your responsibility as a Christian (and it IS your responsibility because you are interfacing with people that God loves) is to consider every single word something that you could use to build that other person up. So that when you leave the construction site, when you leave the conversation, they are better off for having been with you." - Andy Stanley quoting the Apostle Paul.

What do your construction sites look like? Are you building up or tearing down?

- What materials are you using to build up your spouse?
- Are you building/rebuilding something with your kids?
- Any projects you are working on with your friends?
- Other Christ followers?
- People that don't know how much they matter to God?

We've all had people tear us down. But who in your life has been there to build you up? How have they done that?

In regards to your words, where do you have work to do? Who would benefit most from your efforts?