

July 20, 2025
The Power Of Our Words
[Proverbs 18:21](#)

This week, Dr. David Eldridge continued the series in **Proverbs**. In these verses, he expanded on two points:

- The Power Of Our Words To Harm
- The Power Of Our Words To Help

GOING DEEPER:

- Pastor David shared that Proverbs teaches us that our words always matter (**[Proverbs 18:21](#)**). How old were you when you learned the phrase, “Sticks and stones may break my bones, but your words can never harm me” was *not actually* true? What were the circumstances?
- Our words have the power to harm or hurt others. Lies, gossip, and reckless words do not lead to hope and life but rather to despair and death (**[Proverbs 12:22](#)**; **[Proverbs 16:28](#)**; **[Proverbs 18:8](#)**; **[Proverbs 12:18](#)**). They sever relationships and sever trust. What evidence do you see that deception has become normative in our culture? How have you experienced the truth that gossip tastes great going down but always produces a horrible crash?
- Our words also have an incredible power to help and bless others (**[Proverbs 12:19](#)**; **[Proverbs 24:26](#)**; **[Proverbs 16:24](#)**). If lies distort, distract, and dismantle, truth builds up lasting trust and security in our relationships. If you want to show the love of Jesus in your home, in your workplace, with your friends, and in your neighborhood, pray for and seek to be a person who tells the truth. When have you been encouraged by the words of others? How have you found freedom in being truthful in love to yourself and to others?
- Proverbs consistently addresses the power of our words for good and evil. Pastor David asked this question: If the people around you depended on your words of encouragement for nourishment, are they dying of malnutrition or are they being filled? How can you change your schedule this week to make more time for prayer, silence, and reflection as you seek God’s guidance to speak truthfully?

ADDITIONAL RESOURCES:

- To view past sermons, please click **[here](#)**.

The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace. Numbers 6:24–26

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