

“The Power of Words”

Words can be very powerful. They can help or hurt, they can tear down or lift-up, they can bring encouragement or pain. There is energy (good or bad) when we hear certain words or phrases. They often paint an image in our mind. Read the words/phrases below and what thoughts come to your mind when you hear them?

You have my word....

May I have a word with you...

I hate you...

I love you...

Hebrews 4:12 “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

- 1) In what ways does Hebrews 4:12 paint a picture in your mind?
- 2) Without looking, what do you think is the most popular word (excluding the, but, is etc.) used in the Bible? In the New Testament?

Read the Following verses: **1 Corinthians 9:24-27, John 1:1-5, Psalm 119:105 and Proverbs 27:17**

1 Corinthians 9:24-27 – “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

John 1:1-5 – “In the beginning was the Word, and the Word was with God, and the Word was God. ²He was with God in the beginning. ³Through him all things were made; without him nothing was made that has been made. ⁴In him was life, and that life was the light of all mankind. ⁵The light shines in the darkness, and the darkness has not overcome^[a] it.”

Psalm 119:105 – “Your word is a lamp for my feet, a light on my path”

Proverbs 27:17 – “As iron sharpens iron, so one person sharpens another”

- 3) Write down 3-5 things that impact you when reading these scriptures?
- 4) How/what things do you do to help you focus on these truths?
- 5) Bonus: For those of you that did a “One Word” at the beginning of the year, how are you doing with this? Any thoughts, things you are learning etc.?