



## Lesson 53: Negativity - The Power of Words

The Lord has been speaking to me a lot lately about negativity; particularly, speaking negative words or thoughts aloud. You see the Lord understands the power that words have. He understands that the words we choose to speak will have an effect; therefore, He wants us to choose correctly. Whether spoken to another person or privately to yourself words have power and the Lord wants us to use this for a force of good not evil. Negativity is infectious He doesn't want it to spread.

So let's get started by first looking at the power of words. The book of Genesis tells us that the Lord spoke the creation into being when He said, "*Let there be light*"; and there was light. And we learned from the book of **Romans 10** that The Lord made a way for our salvation. It states *that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.* Just from the verses above we can easily see the power of words.

We know that life can be built up (You are so smart, He is so cute, Good job) or it can be torn down (I can't believe you are so stupid, Did you follow a recipe?) with words. We know words can bring salvation or damnation. And we know the two become one with a simple "I Do". Yes, words have power. But of course, with power comes responsibility. The Lord wants us to be mindful of how we use this power. It affects yourself and others.

I have found several examples of the Lord speaking to us about our words. Here are some of the words the Lord has given us recently that I believe are pertinent to our study this week:

05/02/2011 CT DREAM – I dreamed that I had a lesion in my mouth that was something like a pimple. It was full and ready to burst. I squeezed it and a large stream of pus came shooting out of it several feet in the air. It kept flowing and flowing. Then I woke up.

05/28/2011 Just like I said remove the plank from your eye before getting the speck from your neighbor's likewise remember your/the sins which you have been forgiven. This will help you forgive others. Examine your life, where you were in the past to where you are now. Examine your growth as mine (my child) to help you teach others and to help you be more empathetic, sympathetic, loving, forgiving, patience etc.

06/19/2011 Rumbblings, disregard. They are out of your control. The negative rumbblings are from the enemy. The Lord wants us to get rid of negativity (speaking bad words about others because words have power).

Let's see what the Bible says about the power of words and/or negativity. First, let's read some verses from the book of **Proverbs**:

**10:19** *In the multitude of words sin is not lacking, but he who restrains his lips is wise.*

**11:12** *He who is devoid of wisdom despises his neighbor, but a man of understanding holds his peace. (holding your peace is an expression meaning restraining your mouth, keeping quiet. Like in a wedding speak now or forever hold your peace)*

**13:3** *He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction.*

**15:1** *A soft answer turns away wrath, but a harsh word stirs up anger.*

**15:4** *A wholesome tongue is a tree of life, but perverseness in it breaks the spirit.*

**16:24** *Pleasant words are like a honeycomb, sweetness to the soul and health to the bones.*

**17:9** *He who covers a transgression seeks love, but he who repeats a matter separates friends. (Don't be spreading gossip)*

**17:28** *Even a fool is counted wise when he holds his peace; when he shuts his lips, he is considered perceptive.*

**18:21** *Death and life are in the power of the tongue, and those who love it will eat its fruit.*

**21:23** *Whoever guards his mouth and tongue keeps his soul from troubles.*

**25:11** *A word fitly spoken is like apples of gold in settings of silver*

You can see how much the Lord has talked to us about our words just in the book of Proverbs. This is because there is such power in the words we choose. Good versus evil, positive versus negative. Words are important. Let's read some more scripture about this.

**Matthew 12: 33-37** *“Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by its fruit. Brood of vipers! How can you, being evil, speak good things? For **out of the abundance of the heart the mouth speaks**. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. But I say to you that **for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.**”*

**Matthew 15:7-11** *“Hypocrites! Well did Isaiah prophesy about you, saying: ‘These people draw near to Me with their mouth; and honor Me with their lips, but their heart is far from Me. And in vain they worship Me, teaching as doctrines the commandments of men.’” When He had called the multitude to Himself, He said to them, “Hear and understand; **Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man.**” And in verse **18** Jesus explains this for them when He states: **...those things which proceed out of the mouth come from the heart, and they defile a man.***

You can see what we have been talking about from those verses can't you! But Jesus added an important element to this. Can you guess what it is? It is your heart. Remember Jesus our Lord said, **...those things which proceed out of the mouth come from the heart...** Our words are determined by what is in our heart. **We have to get our hearts right, to get our words right, to get rid of negativity.**

**Ephesians 4:29** *Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another even as God in Christ forgave you.*

**Colossians 3:1-10** *If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things*

*on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory. Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience, in which you yourselves once walked when you lived in them. But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him.*

We are instructed to put away the bad stuff (bitterness, anger, clamor, wrath, malice, blasphemy, filthy language). There were a couple of these words I was unsure of their definitions so I looked them up. Clamor: loud, noise, shouting. Malice: definition – desire to cause, pain, injury or distress to another; intent to commit an unlawful act or cause harm without legal justification or excuse. These words are describing attitudes or actions (**from the heart**) that are negative. The Lord associated these with the sons of disobedience. I don't think the sons of disobedience have their hearts in the right place but the Lord wants your heart to be in the right place. Therefore, we want to live in His will and be like Jesus said, **A good man out of the good treasure of his heart brings forth good things.** We want to have a good heart. Paul said, *be kind to one another, tenderhearted.* Paul also wrote to the young pastor Titus and said this in **Titus 3:1-2** *Remind them to be subject to rulers and authorities, to obey, to be ready for every good work, to speak evil of no one, to be peaceable, gentle, showing all humility to all men.*

I didn't want to conclude this study on the power of words and negativity without including several things from the God Calling book. These talk about not being negative with others but they also talk about not having a negative heart.

April 13<sup>th</sup>

Love and Laugh. Make your world the happier for your being in it. Love and rejoice on the grey days. There are wilderness days for My Disciples as well as Mountains of Transfiguration, but on both it is duty, persistently, faithfully done, that tells.

Be gentle with all. Try to see the heart I see, to know the pain and difficulty of the other life, that I know. Try, before you interview anyone, or speak to anyone, to ask Me to act as interpreter between you two.

July 1<sup>st</sup>

Love and Laughter, not a sorrowful resignation, mark real acceptances of My Will.

Leave every soul the braver and happier for having met you.

Do not fear. Remember how I faced the devil in the wilderness, and how I conquered with "the sword of the spirit which is the word of God." You too have your quick answer for every fear that evil may present—an answer of faith and confidence in Me. Where possible say it aloud.

The spoken word (the Lord's words) has power. Look on every fear, not as a weakness on your part due to illness or worry but as a very real temptation to be attacked and overthrown.

July 2<sup>nd</sup>

Seek in every way to become child-like. Seek, seek, seek until you find, until the years have added to your nature that of the trusting child. Not only for its simple trust must you copy the child-spirit, but for its joy in life, its ready laughter, its lack of criticism, its desire to share all

with all men. Ask much that you may become as little children, friendly and loving towards all —not critical, nor fearful.

July 6<sup>th</sup>

Never let yourselves think “We cannot afford this,” or “Shall never be able to do that.” Say “the supply for it is not here yet, but it will come if we should have it. It will surely come.”

July 13<sup>th</sup>

Can you get the expectant attitude of faith? Not waiting for the next evil to befall you but awaiting with a child’s joyful trust the next good in store?

Getting rid of negativity requires trust, faith, and a good heart. I believe the prayful petition to the Lord in Psalm 19:14 can be helpful to us.

***Let the words of my mouth  
And the meditation  
Of my heart  
Be acceptable in Your sight,  
O Lord, my strength and my Redeemer.***

May the Lord Bless you and Keep you and may His light shine upon you.  
Cindy

<http://www.takehisheart.com>