

The Power of Words

Week 5- Day 2

This week our focus is on the power of words. Yesterday, we read Luke 6:43-45 and identified the words that stood out to us. Then we considered how those words impacted us on a deeper level and began to rewrite a negative idea/belief or memory that they might have stirred up for us. Today we will look more closely at a time when we might have hurt someone with our words, as well as, a specific time that someone hurt us. Then we are considering what we would have done differently in those situations. We are working to become more aware of the words that we sometimes choose to express ourselves and taking a closer look at the impact they have on others based on the way that we say them.

Activity for the Heart

Discuss a time when you hurt someone with your words: _____

How did you feel once you realized that you had hurt them?

If you could go back, what would you say?

Discuss a time when someone hurt you with their words: _____

How did you feel?

Did you let them know that they hurt you? Yes ___ No ___

If no, what would you say to them now?
