

Welcome...miss you guys...hope  
you're hanging in there...I'm  
looking forward to seeing you  
soon!

# The Power of Words

Marriage Moment - 7

# The Power of Words

- Receiving words of encouragement can be powerful!
- For example...Words of encouragement from the DBC family, have been so encouraging, and uplifting
- I thrive off of positive words...words that affirm...that lift up, and don't tear down...
- I can be in the worst of moods, and an encouraging word can turn things around.

# The Power of Words

- **Dennis and Barbara Rainey from their book Building Your Mate's Self- Esteem says this:** *"Words are like seeds. Once planted in your mate's life, your words will bring forth flowers or weeds, health or disease, healing or poison."*

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- Proverbs 12:18 - "Reckless words pierce like a sword, but the tongue of the wise brings healing."
- **Question: Do we think before we speak? "Be careful with your words. Once they are said, they can be forgiven, not forgotten."**  
**Unknown**
- Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."
- **Question: Are our words gentle?**
- Proverbs 18:21 - "The tongue has the power of life and death"
- **Question: Do our words speak life?**

It takes seven positive words  
to overcome one negative  
word.

# The Power of Words

- Will you choose to build up, or tear down? Big choice!
- Each day I choose how I'm going to speak to Jennifer.
- How I speak to her privately, and how I speak about her in public? This can be a game changer in our relationship.

# The Power of Words

- Here's my challenge for you...What is something encouraging that you can say to your spouse today?
- Remember..."One word can change your spouses' entire day"...SOMETHING TO THINK ABOUT!





# Resources

- [www.familylife.com](http://www.familylife.com)
- Book: A Lasting Promise A Christian Guide to Fighting for Your Marriage