

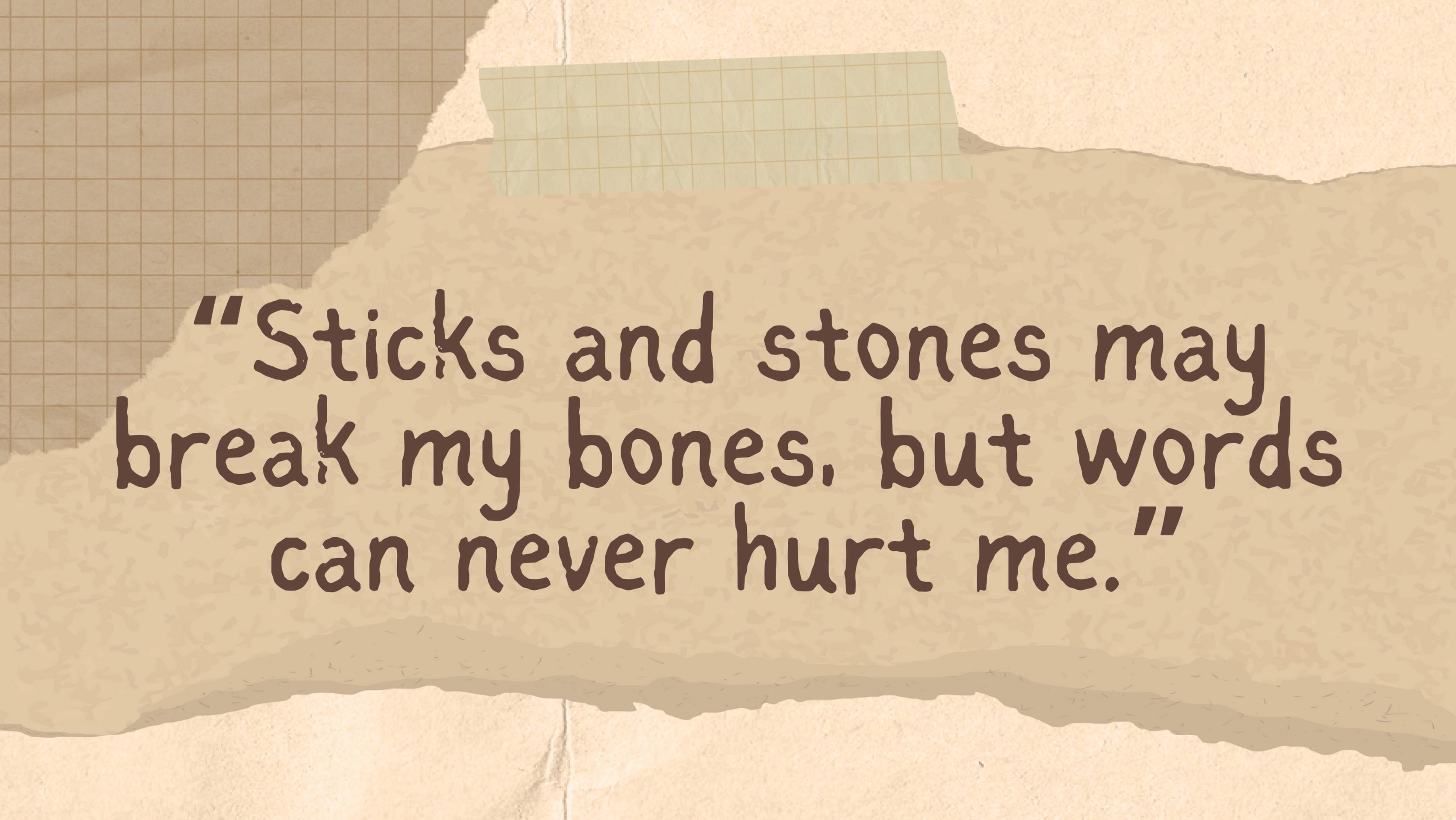
June Bible Study  
Series:  
Relationship Reset  
Lesson Seven:  
Words Can Hurt

W.W. Robinson

"It takes a million compliments to build you up. And one insult to send it all crashing down."

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"Sticks and stones may  
break my bones, but words  
can never hurt me."

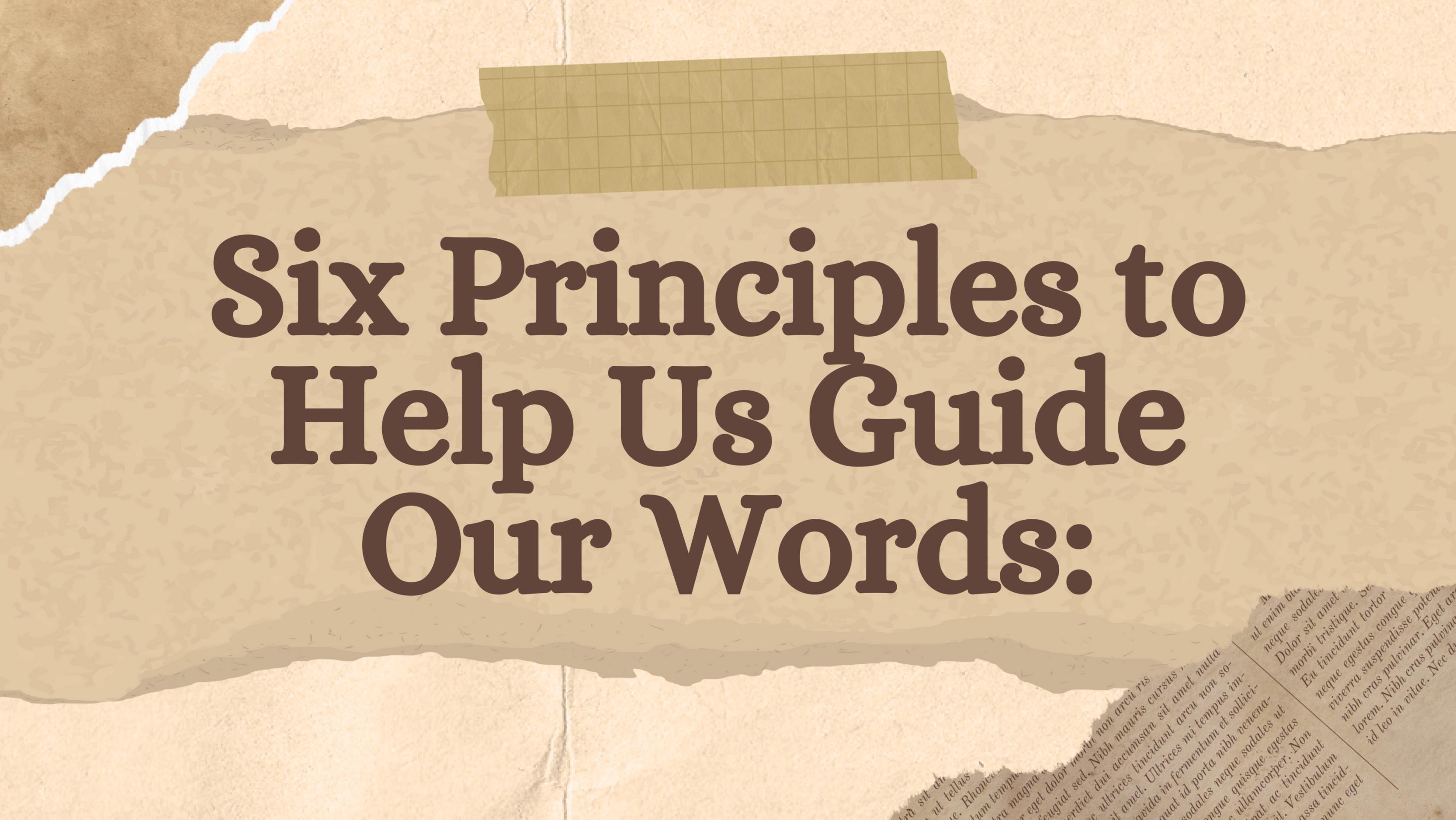
# God's View on Words

Matthew  
12:36-  
37(MSG)

Every one of these careless words is going to come back to haunt you. There will be a time of reckoning. Words are powerful; take them seriously. Words can be your salvation. Words can also be your damnation.”

The soothing tongue is a tree of life, but a  
perverse tongue crushes the spirit.

Proverbs  
15:4



# Six Principles to Help Us Guide Our Words:

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# **1. Emotions Are Bad Drivers!**

Proverbs  
15:18

An angry man stirs up strife.

But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

**Colossians  
3:8**

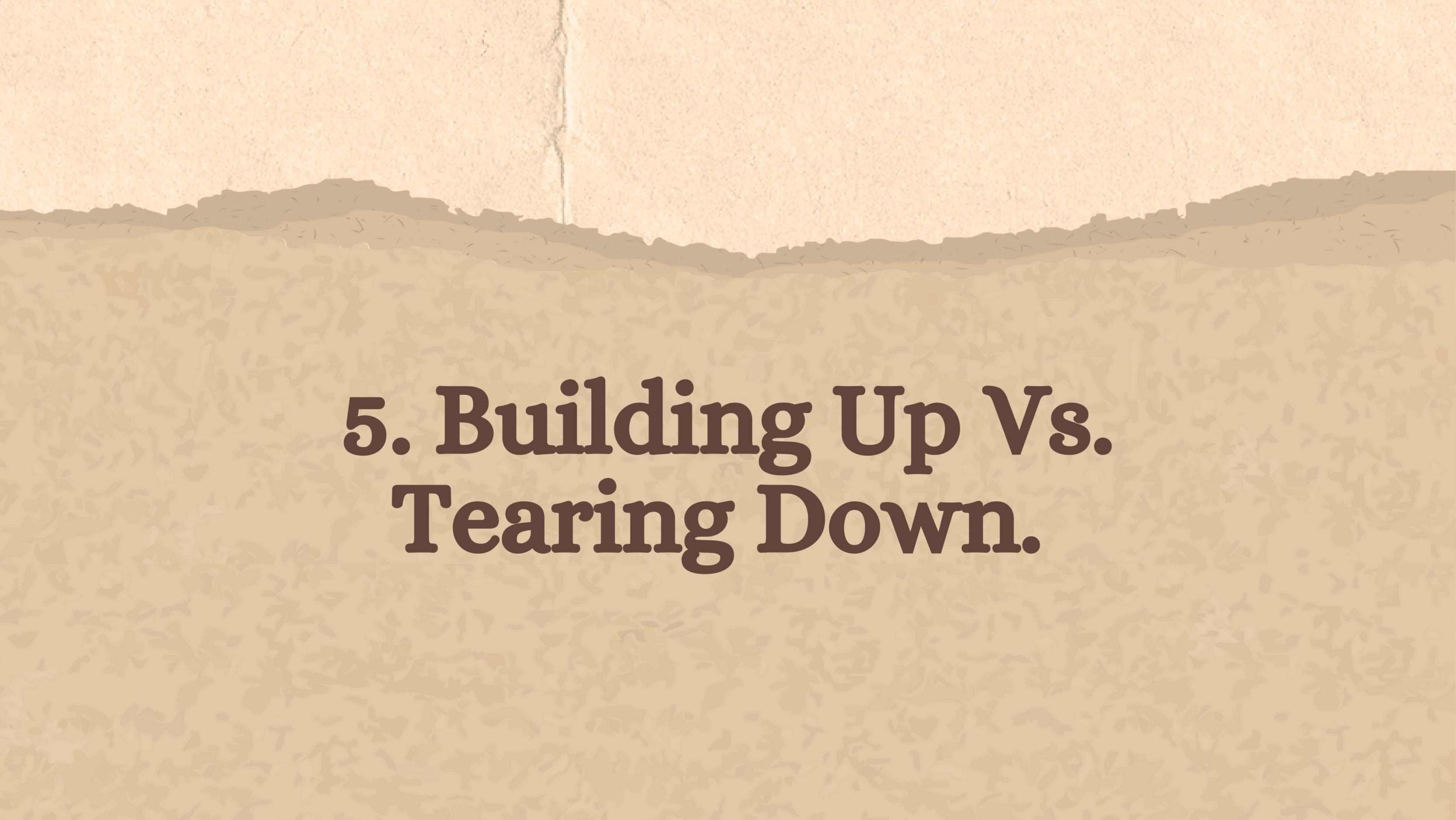
**2. A Wise Person  
Pays Attention to  
What is Going On.**

He who answers a matter before he  
hears it, it is folly and shameful to him.

**Proverbs**  
**18:13**

# **3. The Value of Truth, Spoken in Love.**

# **4. The Law of Kindness.**

The background is a light brown, textured surface, possibly representing paper or fabric. At the top, there is a dark brown silhouette of a landscape with rolling hills and a vertical crease or fold line. The text is centered in the lower half of the image.

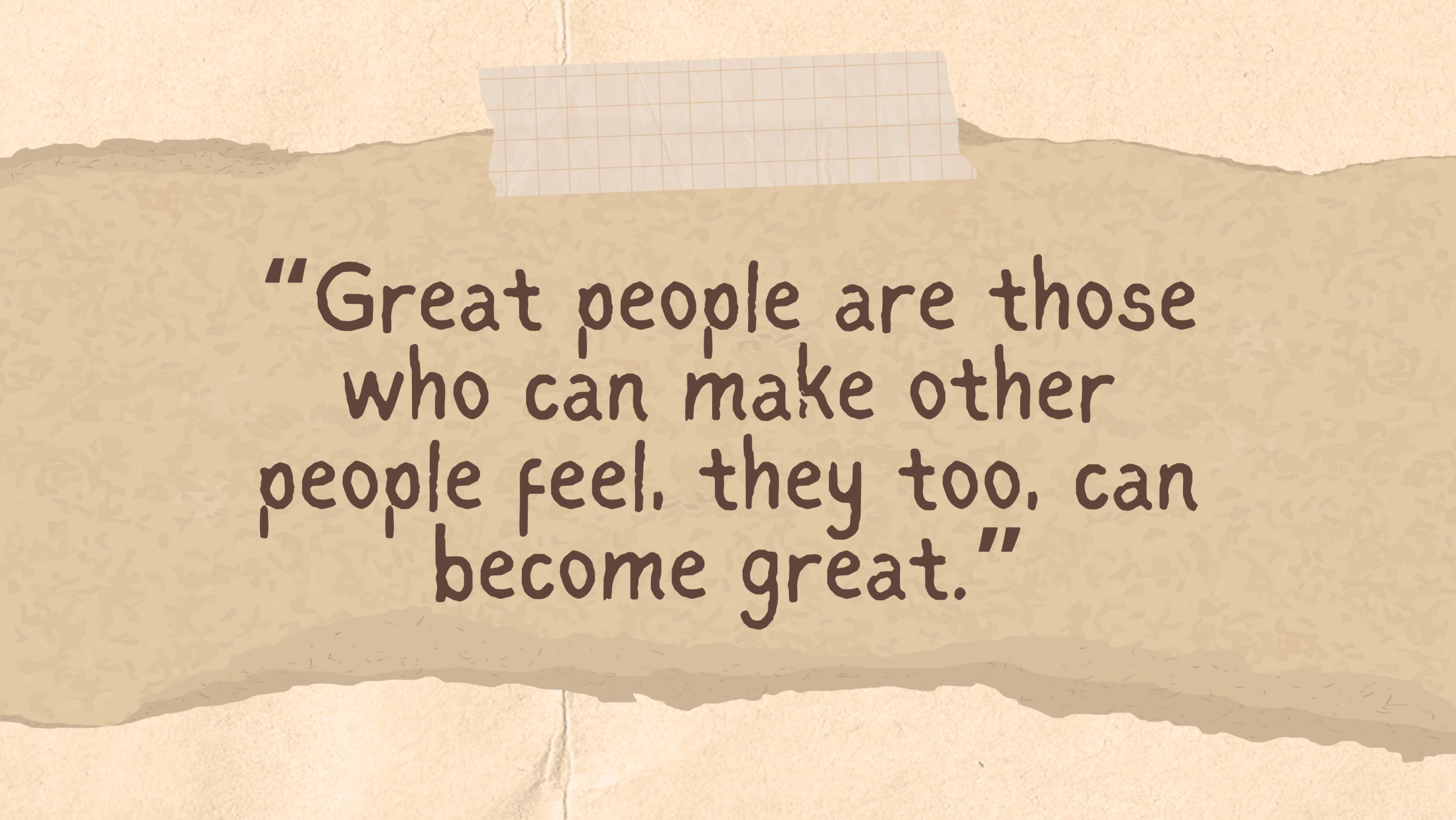
**5. Building Up Vs.  
Tearing Down.**

Merriam-Webster's  
Dictionary defines encourage  
as "to inspire with courage,  
spirit, or hope."

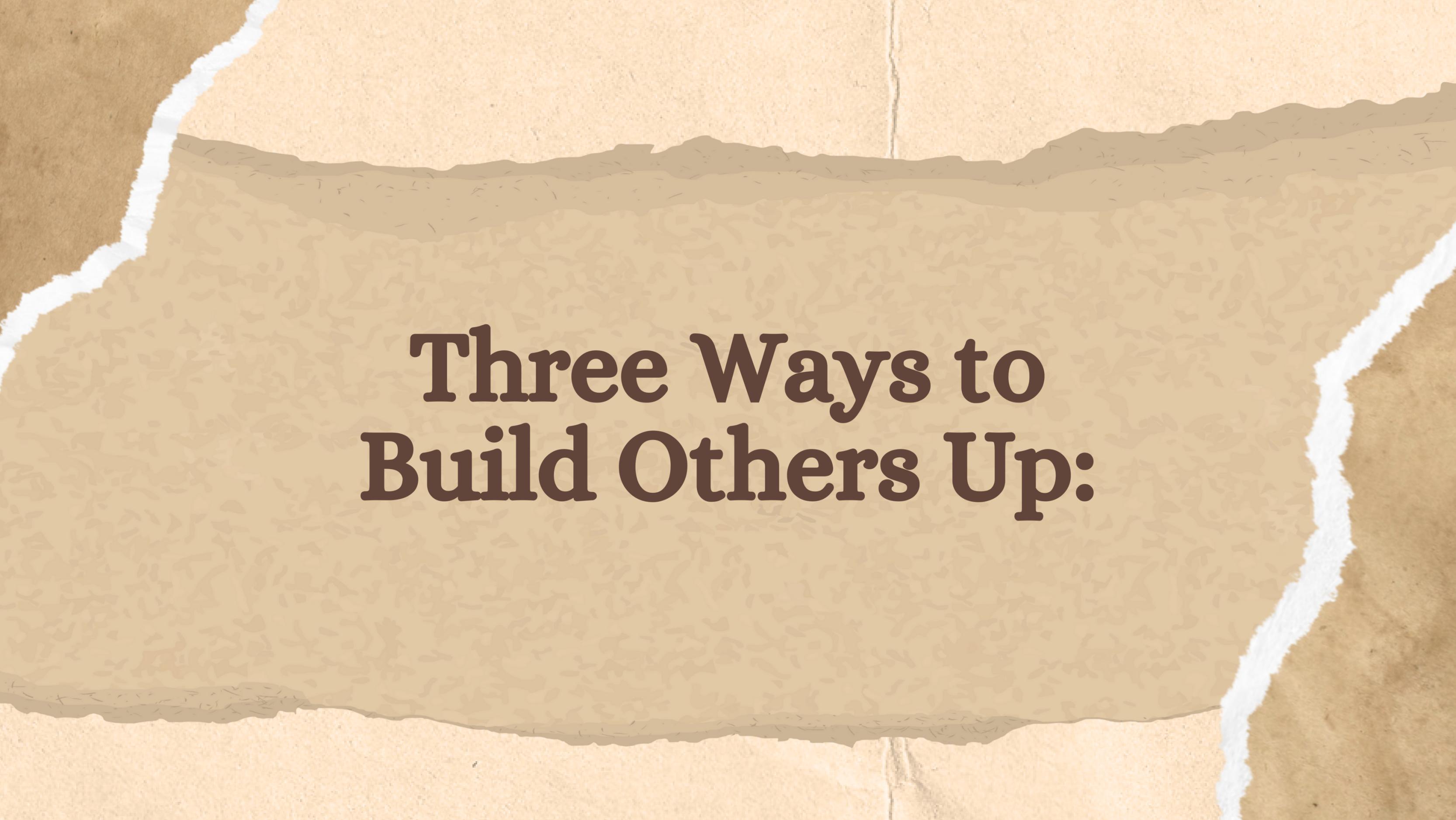
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# **6. Knowing When It's “Quiet Time.”**

The image features a textured, light brown background that resembles crumpled paper. A horizontal strip of torn paper is cut across the middle. On this strip, a piece of white grid paper is pasted. The quote is written in a dark brown, hand-drawn font on the textured background. The quote is: "Great people are those who can make other people feel, they too, can become great."

"Great people are those  
who can make other  
people feel, they too, can  
become great."

The image features a background of layered, torn brown paper. The top layer is a light tan color, while the middle layer is a darker, textured brown. The bottom layer is a medium brown. The edges of the paper are jagged and torn, creating a layered effect. In the center of the middle layer, there is a window containing the text "Three Ways to Build Others Up:" in a bold, dark brown serif font.

# Three Ways to Build Others Up:

1. Appreciation  
Appreciation is simply  
expressing gratitude to someone.

"Feeling gratitude and not  
expressing it is like wrapping a gift  
and never giving it."

## **2. Affirmation**

**Affirmation is simply  
telling someone what  
they are good at.**

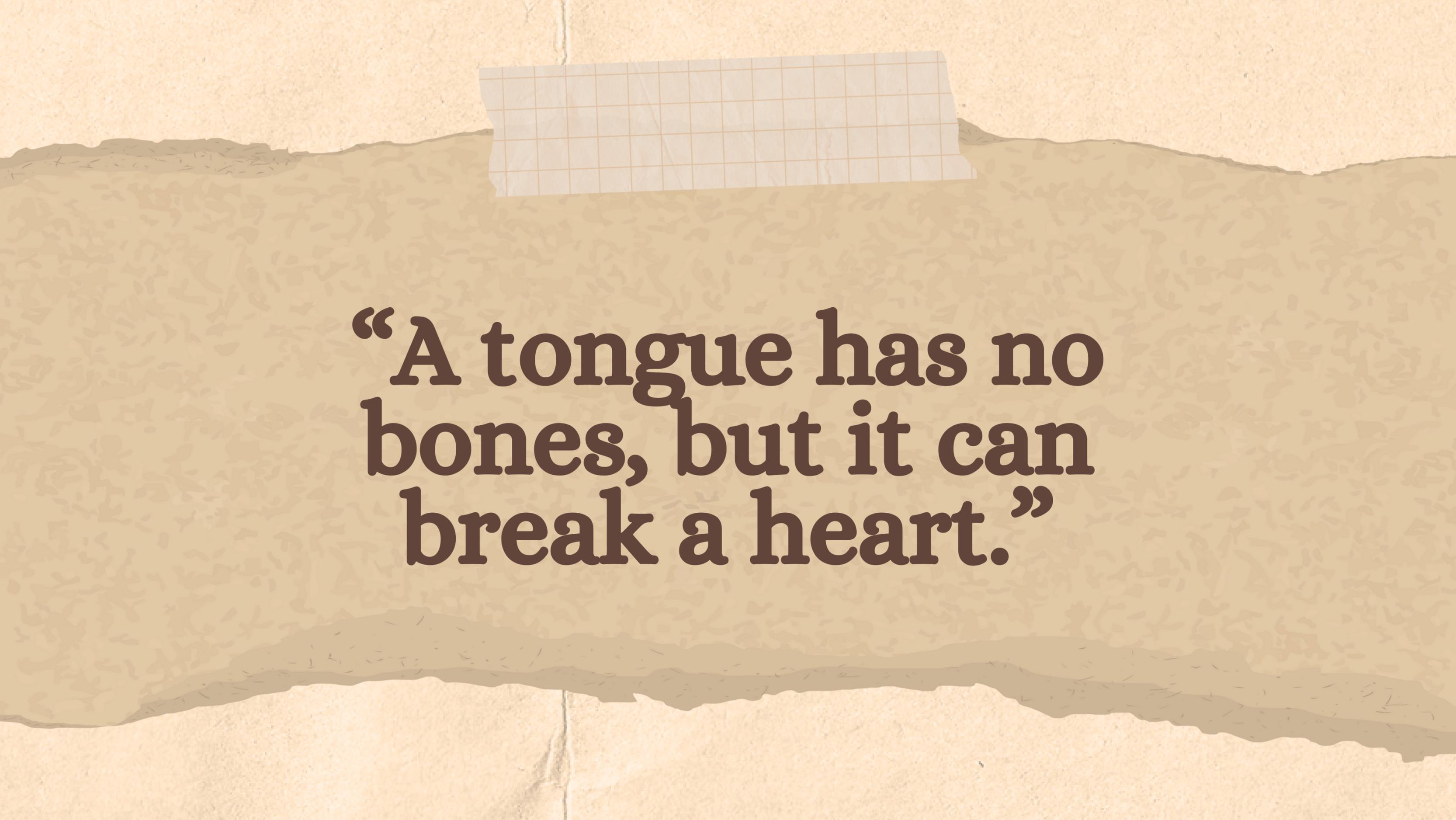
### **3. Encouragement**

**The word**

**encouragement**

**literally means 'to**

**give courage.'**

The image features a piece of aged, yellowish-brown paper with a torn, deckled edge. At the top, there is a rectangular piece of white paper with a light brown grid pattern, which appears to be a sticky note or a piece of graph paper that has been partially torn away. In the center of the main paper, the following quote is written in a bold, dark brown, sans-serif font:

**“A tongue has no bones, but it can break a heart.”**

# Bible Study Follow Up Chat Questions:

1. What was your greatest takeaway from today's lesson?
2. Why are words important to God?
3. Words can hurt worse and leave more debilitating wounds than a stick or stone. How so?
4. What are the six principles to help us guide our words?
5. What are three ways we can use words to build others up?
6. How can words be a "win-win."
7. Give a scripture reference about words.