



Faith in Your Words: Speaking Truth with Love

Theme: The Power of Words

Focus Verse: “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” — *Ephesians 4:29*

Other Scriptures: Proverbs 18:21, Proverbs 15:1, James 3:3–12, 1 Thessalonians 5:11, Luke 6:45

Devotional Thought:

Have you ever said something and wished you could grab the words back before they landed? Maybe you snapped at a sibling, gossiped about a friend, or said something you didn’t really mean. We’ve all been there. The Bible tells us that words carry incredible power. They can bring life or death (Proverbs 18:21). That’s why James 3 compares the tongue to a spark that can set a forest on fire. Our words may feel small, but they can have a huge impact.

The good news is we’re not left to tame our words on our own. James reminds us that no one can tame the tongue, but the Holy Spirit can. In fact, at Pentecost (Acts 2), one of the first things the Spirit did was take control of the disciples’ tongues! That shows us how much God cares about our words. He wants us to use them to encourage, heal, and point others to Him.

When we pause, pray, and let God guide our speech, our words can turn away anger, bring peace, and show love. Like Abigail in 1 Samuel 25, who used gentle and wise words to stop a fight, we can choose words that bring healing instead of harm.

Scripture Focus:

James 3:3–6 (NIV):

“When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body.”

Proverbs 15:1 (NIV):

“A gentle answer turns away wrath, but a harsh word stirs up anger.”



1 Thessalonians 5:11 (NIV):

“Therefore encourage one another and build each other up, just as in fact you are doing.”

Luke 6:45 (NIV):

“For the mouth speaks what the heart is full of.”

Talk About It:

(Use these questions to guide your family discussion.)

- Can you think of a time when someone’s words really encouraged you? How did it make you feel?
- What’s an example of a time when words hurt you or someone else?
- Why do you think James compares the tongue to a rudder, a bit, and a spark?
- How can we invite the Holy Spirit to help us with our words?
- What’s one way we can practice encouragement as a family this week?

Weekly Challenge: The Invisible Air Experiment

This week, focus on speaking truth in love. Whether it’s encouraging someone, apologizing sincerely, or refusing to join in gossip. Let your words reflect Christ. Before you speak, pause and ask: *Is it helpful? Is it true? Is it loving?*

Memory Verse:

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” — *Ephesians 4:29*

Practice saying it together as a family this week.

Family Prayer:

Heavenly Father, thank You for teaching us that our words matter. Please help us pause before we speak, choose gentle and encouraging words, and listen well. Fill our hearts with Your love so that what flows out of our mouths honors You. Holy Spirit, guide our conversations this week so we can build others up and reflect Jesus in everything we say. In His name we pray, Amen.