

# When We Come Back

## Talk Sheet

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# *Sticks, Stones, Words & Bones*

Introduction:

“Sticks and stones may break my bones, but words will never hurt me” is something many heard as a child, but is that true? Our words have power. A lot of power. They can bring life or death. They can build up or tear down. How do you use your words and what does the Bible say about how we are supposed to use our words?

### **Talk Points:**

- What does “Hurt people hurt people” mean? \_\_\_\_\_
- How can words hurt as badly or worse than sticks and stones? \_\_\_\_\_
- Words have destroyed families, caused broken hearts, ruined self-esteem, started riots, wars and even caused murders. Words also have healed broken families and relationships, built up self-esteem and brought peace among people, races and even nations. What examples can you think of for each of these? \_\_\_\_\_

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### **Things To Ponder:**

- Our words are very important, and we need to decide how we are going to use them.
- If you are a person that uses your words to hurt others, you can change with help from God and from others.

### **Apply What You Heard:**

Pay attention and maybe even track how many negative things you say today—or for however long you want.

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### **Reflect:**

*There is one whose rash words are like sword thrust, but the tongue of the wise brings healing.*

**Proverbs 12:18**

*Death and life are in the power of the tongue.*

**Proverbs 12:2**