



# *Moments of* *Inspiration*

by Jacqueline Austin

**The tongue has the power of life and death, and those who love it will eat its fruit. Proverbs 18:21**

**S**ticks and stones may break my bones but your words will never harm me.' This popular childhood saying, though often touted, is simply erroneous. Many persons suffer severe emotional and psychological scars from words that have been spoken to them and that have continued to cut deep to their core, although many years have elapsed since they were first spoken.

Proverbs 18:21 challenges us to be very wise in how we use our words as they either can be akin to life with positive outcomes or death with devastating effect. In Luke 7:1-10, the Centurion asked that Jesus "...say the word and let my servant be healed.' As an army commander he understood the power vested in words.

Therefore, when he returned home, he found that his servant had been healed. Proverbs 12:18 reminds us that the reckless use of words can pierce like a sword and that the tongue of the wise brings healing.

Prayer:

Dear Heavenly Father, I want to speak words of life and love and not death and destruction. Help me to be cognizant of the power of my words and to use them in the way that you intended. Let the words of my mouth and the meditation of my heart be acceptable in your sight. I ask these things in the name of Jesus Christ our Lord. Amen.