

Devotional: Hurtful Words, Spoken

Christian Devotion on how our words can hurt

Read: James 3:2-12 (NKJV)

The human tongue can do so much damage. It can ruin friendships, cause misunderstandings and put a wall between brothers and sisters. We have all been guilty of saying hurtful things. We must be ever mindful that what we say can damage and cause divisions and, therefore, not to speak critically. A lot of what we say is probably best left unsaid.

We have also been hurt by hurtful words—some more than others. In many cases, the damage is so deep that it takes a long time to heal, and in some cases people never heal. But we know that if we belong to Jesus, He can heal us as we surrender it to Him. Nothing is impossible for Him to heal—if we allow Him too. There are so many adults carrying around hurts from childhood 'verbal abuse'. We need to deal with these things. The hurt gets buried deep, but God has a way of bringing it to the surface. It's painful, but needful to truly be healed and set free from the affects of negative, hateful words.

The saying 'Sticks and stones may break my bones, but names will never hurt me', is not true, and in fact, it's quite the opposite. Bones can heal a whole lot faster than words spoken over us. If you are struggling with the pain of having negative, abusive and hurtful words spoken over you, will you give it over to God today? Let Him heal you and place His love in your heart toward those who have hurt you. Forgive them and let it go. I know often it can come back echoing in our minds—but refuse to listen. One helpful thing I've been realizing lately is to find out from the word of God what God thinks of me. Meditate on Scriptures about God's love for us, that we are Sons and Daughters of the most high God (Ephesians 1:4-5; Romans 8:14-17), Kings and Priests (1 Peter 2:9-10), and so on. Ask God to show you and direct you to scriptures like these. Meditate and memorize them until you believe it—and not doubt your importance and significance to God. Because you are important to God. You are His precious child—the 'Apple of His eye' (Zechariah 2:8). Believe it!

Set a guard, O Lord, before my mouth; keep watch at the door of my lips. - Psalm 141:3 (AMPC)

Heal us, Lord, from painful words
Spoken in the past
Let your love replace the hurt
And overflow our hearts.

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Christian Poem: Words

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