



Ladies of Grace
Bible Studies for Women

A Woman & Her Walk With God Series

Encouraging Women to Walk With God on the Brighter Side of Life

A Woman & Her Words

*"A word fitly spoken is like apples of gold in pictures of silver."
Proverbs 25:11*

Today we are going to talk about A Woman and Her Words. It is a subject that is pertinent to every one of us, because talking is something that all of us do on a regular basis as we walk with God in the everyday details of our lives. Who do we talk to? We talk to our families, our friends, our co-workers, our fellow church members, our neighbors, the folks at the stores that we shop at, strangers that we meet, and anyone and everyone in between. And what do we talk about? We talk about whatever is going on at the time, whatever we are thinking at the moment, and whatever the person we are talking to wants to talk about. It sounds innocent enough, doesn't it?

But, as most of us know, many times the words that we say are far from being innocent, because they are filled with anger, criticism, judgment, condemnation, irritation, impatience, and revenge. And many times, we don't really mean the evil things we say, and sometimes we wonder why we even said them, don't we?

And that is why we are going to study this subject today. Each one of us needs to learn from God the biblical value of words and how our words are used to bring glory or shame to others and His name.

As we begin, I want to share with you that I have said MANY foolish things over the years, things that I wish I could take back and things that I wish I would have NEVER said. Many times I have hurt or discouraged others with my words, and it breaks my heart to think how I have offended others with the things that I have said. But can I confess something to you? Over the years, many folks have said foolish things to me too. And unfortunately, their words have been used to hurt and discourage me too.

Have you ever stopped to consider the purpose for our speaking words in the first place? It is really just a means of communicating our thoughts to others. And as Christian women who are walking with God, what kind of thoughts do you think that God wants us to be communicating to others? The answer is WISE ONES!

But wise thoughts are not the only things we communicate to others, are they? What other kinds of thoughts are most women good at communicating as well? EVIL ONES!

What are some examples of how we use our words to share our good thoughts with others? What usually motivates us to speak good words to others? In what ways do we share our evil ones? What usually motivates us to speak these? Did you know, that in Matthew 12:36, that Jesus says, "*But I say unto you, That every idle word that men shall speak (no matter who encourages them to say them!), they shall give account thereof in the day of judgment.*"? For some of us, that is a pretty scary thought!!!

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But God doesn't want it to be, and that is why He has left PLENTY of instruction on what we should say, how we should say it, and how we can keep ourselves from saying what we shouldn't say.

WHAT KIND OF WORDS SHOULD WE SAY?

- ◆ Wholesome Ones: Proverbs 15:4
- ◆ Encouraging Ones: Proverbs 12:15
- ◆ Good Ones: Proverbs 15:23
- ◆ Truthful Ones: Proverbs 12:17-19

WHAT KIND OF WORDS SHOULD WE AVOID SAYING?

- ◆ Evil Ones
- ◆ Hurtful Ones
- ◆ Foolish Ones
- ◆ Unnecessary Ones

The Bible tells us in Proverbs 18:21, *“Death and life are in the power of the tongue.”* When the tongue speaks good things, it brings life, when it speaks evil things, it brings death. What are some of the ways that a woman can bring death with her tongue? What are some of the ways that she can bring life with it?

WHAT CAN WE DO TO HELP OURSELVES BECOME MORE WISE WITH OUR WORDS?

1. **Don't talk so much.** “In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.” Proverbs 10:19
2. **Work more, talk less.** “In all labour there is profit: but the talk of the lips tendeth only to penury.” Proverbs 14:23 “For a dream cometh through the multitude of business: and a fool's voice is known by multitude of words.” Ecclesiastes 5:3
3. **Be interested, not interesting.** “The words of a wise man's mouth are gracious: but the lips of a fool will swallow up himself.” Ecclesiastes 10:12
4. **Mind your own business.** I Timothy 5:11-15
5. **Don't say unnecessary things.** James 3:1-18

WHAT CAN WE ASK GOD TO DO THAT WILL HELP US?

1. **To help us keep our mouths closed.** “Set a watch, O Lord, before my mouth; keep the door of my lips.” Psalm 141:3
 2. **To help us realize the real destruction that is caused by our words.** “He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction.” Proverbs 13:3
 3. **To remind us that He will bless us for being willing to restrain ourselves from retaliating and saying the wrong things.** “For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile.” I Peter 3:10
 4. **To help us seek forgiveness when we have said something wrong.** “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.” Ephesians 5:32
- Let's look at some wise advice that the book of James says about how our tongue affects our testimony of our personal Christianity . . . **“If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.” James 1:26**

What should be our godly goal with our words? To speak words that are fitly spoken.

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