

## Life-Giving Words

### Description

Proverbs 10:17-23

Lisa, who was physically and mentally challenged, wrote her mother a valentine. Her handwriting was poor, her spelling atrocious, and her phrasing awkward. However, her words nourished her mother's heart even years after Lisa's death.

Contrast it with the hate speech we have in news and social media. These words not only starve those who hear them, they empty the hearts of those who speak them.

Just because we think it or feel it doesn't mean we should say it. Many have been caught in the crossfire of unexamined perspectives, attitudes, and emotions. What takes a second to say may cause damage for years.

Nourishing words are the work of a resurrected life. They are life-giving words because they come from the Life-giver. We are at odds with Christ's work within us when we take an autonomous position with our words.

Who needs your words of encouragement or forgiveness? Send a text or make a call. Be the voice of Christ today because speaking nourishing words to others will nourish you as well.

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### Date Created

2023/06/20