

## Women: Put the Power of Your Words to Good Use

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*Editor's Note: The following is a report on the practical applications of Sharon Jaynes' book, *The Power of a Woman's Words*, (Harvest House, 2007).*

Words are one of the most powerful forces in the universe. God used them to create the world. When you use words, you're tapping into great creative power yourself – power that can result in either good or evil. As a woman, you likely speak and write many words throughout each day. How are you directing the power behind those words? Here's how you can put the power of your words to good use:

**Consider the significance of your words.** The words you express now will echo for eternity through the ways they impact the lives of the people around you. You may never know how much your positive words will bless others or how much your negative words will hurt them.

**View your words as mirrors you hold up to others.** The words you use when communicating with others act as mirrors that help them see themselves the way you see them. Decide to look for the best – not the worst – in others. Ask God to help you see their potential. Then choose to communicate words of acceptance and encouragement that inspire them to fulfill their potential.

**Communicate well with your children.** Use your words to let your children know how much God loves them, and how much you love them. Encourage them to discover their purpose, natural talents, and spiritual gifts. Urge them to pursue dreams that God has placed in their hearts. Pray for them and with them regularly. Become their chief cheerleader instead of their chief critic. Pump courage and confidence into their lives by speaking positive words to them as often as possible. Notice when they display godly character or complete a job well, and compliment them. Encourage them through notes (such as those you tuck inside their school bags or place on their pillows at night), cards, or e-mails. Avoid teasing, sarcasm, put-downs, and language that shames your children. Every day, tell them what they long to hear – that you love them – in specific and creative ways.

**Communicate well with your husband.** Make sure your words for your husband are loving, kind, encouraging, and supporting. Too many critical words can devastate your husband and cause great harm to your marriage. Regularly compliment your husband in specific ways, such as by letting him know that you admire his talent for something or that you love seeing his smile. Let your husband know that you believe in him and appreciate all that he does.

**Communicate well with your friends.** Give hope to your friends through your words. Encourage them when they're burdened with something (like the death of a loved one or the loss of a job). Offer to help them when they need something. Correct them when they're veering away from faithful decisions, but do so without judging them. Celebrate with them when they're rejoicing about something. Listen carefully when they share their concerns, and pray with them. Praise their strengths and offer to help them overcome their weaknesses. Make a list of words that you would like to have friends communicate to you; then use those same words to bless your friends.

**Communicate well with fellow believers.** Remember that God has called you to live in community with your fellow believers, interacting in ways that build each other instead of tearing each other down. Don't participate in the grumbling and gossiping that's too common in some churches. Encourage believers to pursue what God has called them to do. Express your thanks and appreciation to people who serve, letting them know that their efforts are valuable.

**Communicate well with the world.** Words are powerful tools to attract people in the world to relationships with Christ. Use words to communicate genuine interest, caring, and concern to the people you meet. Ask God to bring divine appointments your way and use your encounters with people throughout each day as conduits of His love. Recognize people who aren't typically noticed, be kind to difficult people, and encourage people who are struggling. When others serve you (such as at a restaurant), be gracious and grateful. Be willing to listen to the stories that the people you meet want to share with you, and learn from them. Take full advantage of every opportunity you have to bless others through loving words.

**Communicate well with God.** Pray often to grow closer to God yourself, and intercede for others in prayer, asking God to work on their behalf. The words you communicate to God have great power in the spiritual realm. Approach God with reverence and confidence, freely sharing your thoughts and feelings with Him and listening for His responses.

**Think before you speak.** The words you speak reflect what's going on in your mind. Every day, pray for the Holy Spirit to renew your mind. Refuse to dwell on negative thoughts that enter your mind, and choose to focus on positive thoughts. Before you speak, ask yourself whether or not the words you're considering line up with God's truth, demonstrate noble moral character, are right to be spoken at the time, are pure, are inspirational, are admirable, reflect excellence, and are praiseworthy.

**Change bad habits into good ones.** If you tend to spew angry words, practice not reacting in anger but instead choosing to extend grace. If you often become bitter after others hurt you, practice recalling how often God has forgiven you for your own mistakes, and ask Him to help you forgive others. If you tend to complain, practice focusing on what God can do in the midst of difficult circumstances rather than dwelling on the details of the difficulties themselves. If you often express fear, ask God to increase your faith so your words will be invitations for Him to act in situations that concern you. If you tend to grumble about situations that don't go your way, practice reminding yourself that God is in ultimate control of them, choose to trust Him, and thank Him for the ways He has worked in your life so far.

**Discern when to be silent.** Pray for the wisdom you need to discern when you should speak and when you should remain silent. Whenever you're not sure if you should say something, don't. Learn how to listen well to other people and understand the true feelings behind their words. Learn how to listen well to God's guidance about the timing and appropriateness of the words you're considering speaking.

**Pour positive words into the lives of others as often as you can.** Don't worry about running out of positive words to use to encourage others. Trust God to give you a steady flow of them, even when you're discouraged yourself. If you choose to use your words to encourage others, God will bless your efforts by encouraging you. Be assured that each positive word you speak will cause something positive to happen – and it may be even be as significant as changing the course of someone's life for the better.