

Psalm 7

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Study Questions for February 16

Words Can Heal

Our natural response to false accusations and hurtful words is to become defensive. We seek to heal our hurt by retaliating against those who have hurt us with our hurting words. David fought this natural instinct by crying out for divine assistance.

Sometimes the words that heal are the words left unsaid. Fighting the desire to retaliate has not come easy for me. Having the last word is my natural bent. It is only through the power of God's Word in Psalm 141:3 that I have been able to successfully win the war with my tongue.

Read Psalm 141:3

What divine assistance do we ask God to provide?

By allowing the Lord to keep watch over our lips, we give Him control of what is said as well as what remains unsaid. His Word supplies all the power we need to replacing hurting words with healing words.

Read the following verses of "Word Power" for our words.

Proverbs 12:18

What brings healing?

Proverbs 16:24

In your words describe gracious (healing) words.

Spread Healing

Read Psalm 19:14

David surrenders his anger instead of letting it have power over him. Words hurt. Words heal. Can we challenge ourselves to spread healing? If someone speaks disrespectfully with hurtful words, respond with wholesome words, keeping the conversation pure. In dialogues with one another, we can exchange words that build each other up and benefit everyone who listen.

Personal Reflection and Application

What has God revealed to me in this lesson? How will I respond?
