

Psalm 7

Author: David

Study Questions for February 14

Whether on his throne making decisions for the nations, hiding in a stronghold from his enemy, or on the frontline of battle, David is confronted with situations that seek to extinguish his mental state. Someone who David thought was on his side, identified only as Cush a Benjamite has made slanderous accusations against David to King Saul. Many of us have had to face hurting and slanderous words spoken about us.

Words Can Hurt

“Sticks and stones may break my bones but words will never hurt me” are part of a children’s poem recited by generations. I mindlessly repeated these words to myself for years until one day it dawned on me: words do hurt me. Moreover I realized my words hurt other people. Words hurt.

Several years ago I was sitting in my Sunday School class minding my own business when I heard words that hurt me. The words echoed in my heart and soul. They changed my life. The memory of a friend reading the hurtful words of Ephesians 4:29 and are forever etched in my memory.

Read Ephesians 4:29. Write it in the space below.

Paul’s words hurt me but in a good way. They convicted me concerning the way I use my words and made me realize my words have the power to hurt or heal. My words had not been encouraging nor did they benefit those who listened. They had been gossipy, tearing down instead of building up. My conversations were far from beautiful, beneficial, and pure.

In order for the right words to come out of our mouth, the right words must go into our heart. Luke 6:45 says, “For out of the overflow of his heart his mouth speaks.” After hearing Paul’s hurtful but helpful words and learning this truth from Luke, I began putting the right things in my heart by asking myself some tough questions.

What am I watching?

1. What am I listening to?
2. What am I reading?
3. Who am I hanging out with? (We become like the company we keep.)
4. Where do I spend my time?

Give yourself the same self-examination to discover how you are filling your heart. God wants our words to be gifts. Let’s package them beautifully before giving them away. What does your reflection reveal?