



Marriage Growth-Track

Week 8 - Day 2

Speech

by Jason and Georgia Davis

Death and life are in the power of the tongue.

Proverbs 18: 21

Kind words are like honey. Sweet to the soul and healthy to the body.

Proverbs 16:24

"If you can't say anything nice, then don't say anything at all." If we applied this to our marriage, would we hear an abundance of silence? One thing is for sure:

- Our words have the ability to breathe life or death into our marriages.

Proverbs 18:21 says that "Death and life are in the power of the tongue." Power in this verse implies that our words have the ability effect another person. Are we using the power of our tongue to lift up and encourage our spouse, or are we slaying them? It is obvious what we should be doing with our words, but when you think back over the words you have spoken to your spouse the last few days and your spouse's reaction, do you think your word effect more positively or negatively? Nourishing our spouse with our words means that we have to know them well enough to know what they need to hear. Proverbs 16:24 describes words as being like honey, "sweet to the soul and healthy to the body." Just think of the positive power your words could have to turn your spouse's day around, bring peace to their spirit or even to stir passion.

For this couple, changing the way they spoke to each other has brought about a big change in their marriage. There is no room for harsh joking and sarcasm. Speaking well of your spouse (public as well as private) reassures each other we are on the same team and it builds trust.

Discussion Questions:

1. When you really want to tell your spouse, "I love you," what do you say or do?
2. What expression of love do you find most meaningful?

Action Steps:

Take some time this week and turn your spouse's day around with positive words of affirmation.

Prayer:

God, help us remember that our words have the power to bring life or death to our marriages. Teach us to control our tongues as you taught us in Proverbs. Soften our hearts to forgive each other where we have failed. AMEN