

**From:** Real Life Church info@nucleus.church  
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## My Message Notes

# Stick And Stones May Break My Bones But Words Will Always Hurt Me 😞

As believers our lives should change from who we were before to who we're becoming (hint: it's more like Jesus). Part of that process has to be our speech, since the words we use hold both life and death in them. Many of us growing up heard the saying, sticks and stones may break my bones but words will never hurt me, but it's not true. Our words can hurt and even kill. But here's the truth about the words we use, what comes out of your mouth started in your mind - and it's time to change.

## Have you ever had to apologize for something you said?

Reasons you might need to apologize:

- You spouted off in anger
- You let something slip
- You meant it at the time but later it hurt you

**Bottom Line: You are what you SPEAK**

ReCap of last week:

- When you come to Jesus He gives you a new life, but it's up to you to choose to make the changes.
- You've got to stop being tied to what you died to!

## **What you speak with your MOUTH, leaks from your MIND**

(if you never thought it, you'd never say it)

Our SPEECH and our SPIRIT should be the same

### **James 3:2-12**

Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. 5 Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. 6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

7 All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison.

9 With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. 11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

**Your SPEECH should be consistent with the SPIRIT of God living in you**

### **Ephesians 4:29**

Let no unwholesome talk come out of your mouth, but only what is helpful for building others up according to their needs...

**Today: Change your mind about how you speak.**

We want you to know that you matter to God and us.

If you think you might be ready to make Real Life YOUR church home then Coffee with Corey is your Next Step. It's a casual conversation designed for newcomers to Real Life and you can register right [HERE](#) right now. It's Sunday evening, April 28th from 5-6pm

Need more help taking your next step?

- 1) Stop by the **CONNECTION HUB** in the back of the big room and a volunteer will help you discover your next step!
- 2) Fill out the **connection card** and leave it on your seat when the service is over. We'll pick it up and be in touch!

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