

A MESSAGE ON YOUR GOD-GIVEN WORTH

THE POWER OF OUR WORDS

If you speak truth to yourself about yourself, you will see yourself from a better point of view—God’s point of view!



By George Foster

Truth is powerful and our verbal affirmations of it exert enormous influence on ourselves and others. Even Jesus, when tempted by Satan, made use of God’s Word to resist the devil’s approaches. Three times Satan appeared. Each time Jesus resisted him, saying, “It is written...,” quoting God’s Word.

Our tongue, says the Bible, is not easy to control. James 3 compares the tongue to three small but very powerful objects:

1. A bit in a horse’s mouth—compact yet able to control the animal.
2. A ship’s rudder—small yet able to change the direction of a great vessel.
3. A spark in the woods—tiny yet able to set an entire forest aflame.

Then, we read about the confusion that occurs when we allow ourselves to make both good and bad use of the tongue:

“With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God’s likeness. Out of the same mouth come praise and cursing. My brothers, this should not be” (James 3:9-10).

Many of us like to exhibit what we know. We show off our knowledge (thinking it is wisdom). James advises us to first do it with deeds—not just words—that show humility and wisdom. If our words come from envy or selfish ambition we should not boast or deny the truth. “Such wisdom,” he says, “does not come down from heaven but is earthly, unspiritual, of the devil...” It is not worthy to be compared with wisdom from God.

“But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere” (James 3:17).

James warns us not to slander, judge, jump to conclusions, or make unfounded assumptions about others. We do damage to others when we speak critically of them. We also do damage—perhaps greater damage—when we turn that criticism on ourselves.

We might be surprised to discover how much of our self talk sounds like destructive curses hurled in our own destruction. Dr. William Backus suggests that we list the hurtful, belittling, negative words we say about ourselves and substitute them with positive affirmations about who we are in Christ. Do you ever say words like these?

- How could I be so stupid?
- What’s there to like about me?
- I have nothing smart or useful to say.
- I have no valuable skills.

I can't do anything right.
I can't feel God's presence, so He must not be with me.
My Dad was right: I'll never amount to anything.
I foresee no enjoyable future.
I will always be a loser.

Avoid the pain! Train your brain!

Decide that you will choose only honest, healthy, realistic words about your self—words that will leave you in a better frame of mind. Try replacing the negative talk above with words like these.

God made me in such a way that I can do what He has called me to do.
I can do all things through Christ who strengthens me.
God loves me with an everlasting love and Christ died for me.
God will give me the words I need to speak.
If I get it wrong this time, it will help me learn to get it right next time.
God's thoughts to me are of peace and a positive future.
I may not feel God's presence at this moment, but He's always with me.
God will never give up on me and I won't give up on my self.
Nothing is possible if I don't try. All things are possible if I believe.
I can finish what He gives me to do.
Jesus believes in me and in my future.

If you make a practice of speaking this type of truth to yourself, I can almost guarantee that you will be less depressed and more inclined to see yourself from a better point of view—God's point of view!