

A heart shape is formed by several light-colored sticks and smooth, rounded stones of various shades (grey, blue, brown) arranged on a dark brown, textured background. The sticks form the outline of the heart, while the stones fill the interior.

# *STICKS & STONES*

The Power of Words

**Part 2: Words that Hurt**



## **Proverbs 18:21**

**“Death and life are in the power of the tongue,  
and those who love it will eat its fruit.” NKJV**

**Are my words really a big deal?**

**Yes!**

**Psalm 141:3**

**James 3:9-10**

**Luke 6:45**

**Matthew 15:8**

# How to avoid words that hurt:

**1. Eliminate “fighting words”  
from your vocabulary.**

**Proverbs 15:1**

**Always/ Never**

**Past Failures**

**Tone**

# **How to avoid words that hurt:**

**2. Manage your emotions.**

**Proverbs 29:11**

## **How to avoid words that hurt:**


**3. Remember who you're talking to.**

**Ephesians 4:30-32**

**How to avoid words that hurt:**

**4. Commit to the life-long process.**

**James 3:7-8**

A wooden tray filled with smooth, multi-colored stones. The stones are in various shades of grey, blue, brown, and tan. The tray is made of light-colored wood and is set against a dark background.

**Do your words  
hurt others?**