

#TargetPractice: Why are our words important?

[OBJECT LESSON - Why OUR WORDS are IMPORTANT - James 3:3-5](#)

They can't be taken back easily because the damage has already been done.

Our words show what is in our hearts (not physical heart, but the core of who we are). If you use kind and patient words even in a frustrating situation, what does that say about your heart? If you use mean and hurtful words, what does that say about your heart?

If you notice you are using words that tear others down, how can you fix it? Since it **shows what is in your heart**, you need to ask God to forgive you and ask for Him to help change your heart. Only God can truly change your attitude and words.

We've talked about our words hurting others directly, but did you know your words can also **hurt people indirectly**? What I mean is that even if you never talk badly to someone to their face, you can hurt them by talking badly about them to others. It can change someone's attitude toward them.

Also, the person you are talking to can be hurt. When we talk bad about others, we are influencing that person to think badly of someone and start doing it themselves. We are planting **seeds of complaint and negativity** in the heart of someone else that can begin to grow in them, which then can spread to others.