

The Power of Planting Good Seeds

Prov 18:21 - *The tongue has the power of life and death, and those who love it will eat its fruit.* NIV

Our words can contaminate a positive self-image or heal the disease of a negative one.

James 3:2-5a,7,8 - *We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his 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...7 All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, 8 but no man can tame the tongue. It is a restless evil, full of deadly poison.* NIV

Ps 33:6,9 - *By the word of the LORD were the heavens made, their starry host by the breath of his mouth... 9 For he spoke, and it came to be; he commanded, and it stood firm.* NIV

Prov 12:25 - *An anxious heart weighs a man down, but a **kind word cheers him up.*** NIV

Gladness comes from just one, well-placed, positive word.

Prov 11:9 - *With his mouth the godless destroys his neighbor, but through knowledge the righteous escape.* NIV

Ask God to make you aware of the words you speak to your spouse.

WORDS OF PRAISE

Prov 27:2 - *Let another praise you, and not your own mouth; someone else, and not your own lips.* NIV

Praise = to give value, to lift up, to honor.

Three Ways to Praise Your Mate:

1. Praise Specifically.

2. Praise Honestly.

Ecc 12:11 - *The words of the wise are like goads, their collected sayings like firmly embedded nails-given by one Shepherd.* NIV

Eph 4:25 - *Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.* NIV

3. Praise Without Ceasing.

BELIEF AND AFFIRMATION

Your spouse needs your unwavering belief in them.

We are called to be their biggest fan, not their sharpest critic.

Gal 6:9 - *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.* NIV

The kind of harvest you have in your marriage depends on you!