Importance of Language

The very sound of your voice is distinct, God given and beautiful to Him. Your unique sound, coupled with the words you speak, have the ability to unlock favor and a great potential to which you have not even begun to tap into yet. Your words last forever, never leaving the atmosphere, so choose them wisely. When we fail to have honor with our words, we fall short of all that God has for us.

> *"But I tell you that every careless word that people speak, they shall give an accounting for it in the day of judgment. For by your words you will be justified, and by your words you will be condemned." Matthew 12:36-37*

Power In Your Words

It is very little surprise to most people that the old adage of, "Sticks and stones will break my bones, but words will never hurt me," is a blatant lie. In fact, those who have suffered the depths of their pain would gratefully receive the wound of a broken bone rather than the wound of the hurtful words. Words have power to bring both life and death, therefore choose them purposefully and carefully.

> *So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire! And the tongue is a fire, the very world of iniquity; the tongue is set among our members as that which defiles the entire body, and sets on fire the course of our life, and is set on fire by hell. For every species of beasts and birds, of reptiles and creatures of the sea, is tamed and has been tamed by the human race. But no one can tame the tongue; it is a restless evil and full of deadly poison. James 3:5-8*
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> *Death and life are in the power of the tongue, And those who love it will eat its fruit. Proverbs 18:21*
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> *Either make the tree good and its fruit good, or make the tree bad and its fruit bad; for the tree is known by its fruit. You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart. The good man brings out of his good treasure what is good; and the evil man brings out of his evil treasure what is evil. Matthew 12:33-35*

Yes, it is true that life and death are in the power of the tongue, however, how words are delivered, not just which, equally brings life or death. I have heard words wielded with hurtful sarcasm and such a belittling tone I could literally see the recipient shrivel in shame from the otherwise relatively harmless words. How many times have you heard the words of an apology, yet were left wanting and unsatisfied from the hollow intent by which they were delivered? There can never be a sincere apology if it is not sincerely delivered. It is so crucial to be aware of the fact that sometimes it is not what you say that hurts someone, it is how you say it, that wounds. Respect the ones you love enough to speak both love and lovingly to them; sarcasm, annoyance and jest cut deeper than you realize. They are excuses we use for disguising the knife as we plunge it into the heart of our target. "I was just joking," will never reverse the wound, and more often than not, only drives it deeper inward.

Like a madman who throws firebrands, arrows and death, so is the man who deceives his neighbor and says, "Was I not joking?" Proverbs 26:18-19

Words can be extremely heavy and too often used as a weapon to beat down rather than used to bring life. Be honorable with the words you use; know their meanings and respect their impact.

Unfortunately, as a society progresses, words tend to lose their meaning and often warp into something they were never intended. We will spend time throughout this study looking into the original meanings of different words in order to fully grasp the depth of, not only their meaning, but the profound impact they can have on ourselves and others. One word which has suffered the devaluation of its grandeur is *integrity.* Once honored and highly esteemed, its meaning has been so badly abused that it has become almost obsolete and of very little value. Though we have become ignorant to its truth, we must restore the value of what it means to have and operate with and in integrity, for it is a mandatory way of being if we are to have success in taking our mountain.

Integrity is defined as:

1. The state or quality of being entire or complete: wholeness; entireness; unbroken state.

2. Moral soundness; honesty; freedom from corrupting influence or motive; especially with reference to the fulfillment of contracts, the discharge of agencies, trusts, and the like.

3. Unimpaired, unadulterated, or genuine state; entire correspondence with an original condition; purity.

"The moral grandeur of independent integrity is the sublimest thing in nature, before which the pomp of eastern magnificence and the splendor of conquest are odious as well as perishable." Rev. J.S. Buckminster

Integrity has a twin that is often ignored: rectitude.

1. Straightness (of character).

2. Rightness of principle or practice; exact conformity to truth, or to the rules prescribed for moral conduct, either by divine or human laws.

3. Right judgment.

"There is a sublimity in conscious rectitude- in comparison with which the treasures of earth are not worth naming." Josiah Hawes

"A good name is seldom regained. When character is gone, all is gone, and one of the richest jewels of life is lost." Josiah Hawes

Though similar in meaning, rectitude deals with one's ability to adhere to moral character, whereas integrity describes actions based upon that adherence to strict moral character. If we operate in Godly rectitude then our actions and decisions will reflect Godly integrity.

Not only can words be powerful, they can also become hollow and empty when the wielder losses his/her integrity and rectitude by not living in a state of moral soundness, rightness of principle or practice, or failing to fulfill the verbal contracts they commit to. Let us restore integrity and rectitude by holding firm to their truths and living them out on a daily basis.

Examples of where integrity and rectitude require restoration:

- Broken commitments
- Harsh words
- Gossip
- Bitterness
- Jealousy
- Unforgiveness

When restoring integrity, the conversation may look something like this:

> Hello, _*(name)*_, I realize that I have lost integrity with you concerning _*(area of broken integrity)*_. I want to apologize for my lack of integrity when I _*(specific action)*_. I am asking for your forgiveness and I commit to acting with a genuine state of integrity from this point onward.

Are there areas where you have lacked integrity and rectitude?

_____

_____

_____

Who do you need to restore your integrity with? Do not wait, do it today.

_____

_____

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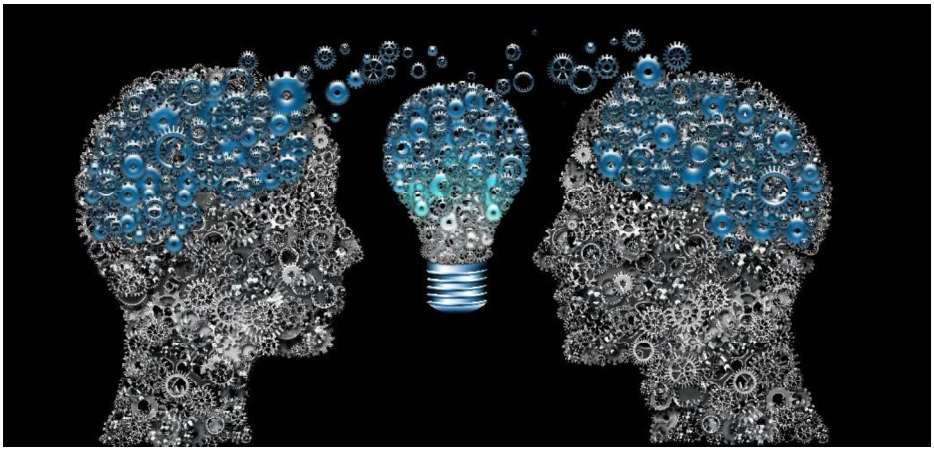
We will continue to make mistakes, however, we have the ability to minimize their destruction and setbacks when we walk in truth and obedience. Once a mistake is identified, take personal responsibility for your part, restore integrity immediately by confessing the breakdown, then continue in the right direction.

Authentic Communication



We are rarely ever truthful with ourselves or others. This is a defense mechanism which we hide behind in order to protect our feelings and fragile state of being due to the incorrect filter by which we allow information to pass through. Admitting that we were hurt by something that happened or was said is not a weakness or an opening for a potential wounding blow, it is the first step toward removing our lens of obscurity and getting down to the heart of the matter; why it hurt you. Keep in mind that having authentic communication does not mean that your words are without tact; you cannot use your pain to wound others out of a place of revenge or pay back. An authentic conversation involves looking at the situation from an objective and truthful perspective with integrity and rectitude, identifying the true issues, not myths derived from obscure lenses and improper filters, expressing yourself and presenting a solution on how to move forward and out of that place of hurt. Though it may be painful to admit your role in the situation, it is critical that you recognize and admit the truth of your thoughts and actions so that you can begin the healing process; operating in full integrity and rectitude. Never make someone wrong, even if their actions or decisions were inappropriate. Attacking the person directly only builds up their walls of defense and breaks down any lines of open communication.

Authentic communication applies to the conversations which take place in your mind as well. Guard against those conversations which are condemning, accusatory or shaming in any way. You can have life giving words that come out of your mouth, but death resides in your mind because you are listening to lies rather than hearing the truth and power of your freeing declarations. If the enemy can control or have influence upon your thoughts and internal conversations, then he can manipulate your life. We must cast him out and never give him the opportunity to wreak his havoc in our lives. Therefore,

authentic communication must become an integral part of your life; clarifying, uncovering, restoring and rebuking attacks from the enemy.

Change your confession

But the things that proceed out of the mouth come from the heart, and those defile the man. For his mouth speaks from that which fills his heart. Matthew 15:18, Luke 6:45

We are most often our greatest enemy. We unwittingly ambush our growth by what we say to ourselves, either audibly or consciously. Negative self-talk is one of the obstacles which is keeping you from living in the fullness of what God intended for you. How can we believe that we are gifted and talented when we tell ourselves that we will never amount to anything or that we are not that good at something? By cursing ourselves in any way, we negate the promises of God in our heart and therefore believe the negative belittling lies of the enemy, rather than the truth of God. Even something as simple as, "I am shy," though seemingly harmless, will keep you in a state of silence rather than stepping out and connecting with the divinely appointed people God sends into your life. One of the worst labels given by society is personality types. I have been held captive to the fact that I was not classified as a type A personality, therefore I accepted the lie that I could never be a strong, take charge go-getter; silenced and frozen in my personal growth. The truth is, that just because I lacked the skills right then, did not mean I could never be. I simply needed to learn and grow in that area of my life, and by focusing on developing the necessary skills, I absolutely would be! Change your confession to, "I am a lover of God's people," or, "I am able to accomplish anything I set my mind to do," rather than, "I am shy." If you ask of the Lord, He is faithful to reveal truths to you which will head you out of paralysis and into the direction of conforming to His image and living in fullness. The problem is, that sometimes it is a painful process and we would rather remain in our current state of comfort and familiarity rather than make the journey toward freedom. It is time to remove from your vocabulary phrases such as, “I will try,”, “I might be able to,”, “I think I can,”, “It is what it is,”, and “Maybe.” I love the motto of the US Navy Seabees: Can do! If there is a need, job or desire, they will find a way to get it done. Let that become your new motto: Can do!

I can do all things through Him who strengthens me. Philippians 4:13

And looking at them Jesus said to them, “With people this is impossible, but with God all things are possible.” Matthew 19:26

He is looking at you and telling you that you can and will, because with God's help, all things are possible.