

Redeeming Destructive Speech: The Power to Heal

Core Scripture:

Proverbs 12:18 AMP — “*There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.*”

Key Truth:

If words can destroy, they can also *restore*. Our call isn't just to build from scratch—but to *redeem* what's been broken by careless or weaponized speech, both from others and ourselves.

Teaching Highlights:

1. Words Can Wound — But They Can Also Heal

- Proverbs 18:21 — Life and death in the tongue
- James 3 — Small spark, great fire
- Our speech either reinforces pain or invites restoration

2. Healing Begins With Repentance and Revelation

- Luke 6:45 — What's stored in the heart comes out of the mouth
- Repent for the root, not just the words
- Invite the Holy Spirit to reveal thought patterns behind our speech

3. Redeeming Words We've Spoken Over Others

- Ephesians 4:29 again: Speak what gives *grace* to the hearer
- Isaiah 61:1 — We partner with Jesus in *binding up the brokenhearted*
- Your words can remove labels and unlock identity

4. Redeeming Words Spoken Over Us

- Internal agreements often echo past words (parent, teacher, bully, self)
 - Romans 12:2 — Renewing the mind includes rejecting word curses
 - 2 Corinthians 10:5 — Take every thought captive
-

Reflection/Activation:

Authored by John Himmelberger | Connect: johnhimmelberger@gmail.com | www.johnhimmelberger.com | 2025

Redeeming Destructive Speech: The Power to Heal

- What word(s) spoken over you still echo?
- Who do you need to release from the impact of their words?
- What truth does God speak over those places?

Activation Idea:

Have people write down a phrase spoken over them that wounded them. Then cross it out and ask God what He's saying in its place—write *that* underneath and speak it aloud.