

## Sticks and Stones

### Description

[RG AUDIO 040618](#)

Proverbs 12:15-28

I come from a very stable family. My parents were always two of my best friends and their opinions of me mattered more than any other. This provided protection to my sense of self-worth and my way of relating to others. Criticism, though, does shape our view of ourselves and even our understanding of our worth before God.

Proverbs 12:18 says "the words of the reckless pierce like swords." • A reckless word can destroy a relationship. A reckless word can cause doubt that lasts a lifetime. This is why we are commanded by God to speak in love, with compassion and kindness. We are told to measure our words and to use them to build up rather than tear down or destroy.

A mature person learns to listen to criticism—measure it, weigh, and evaluate it for truth and then apply the valid points. At the same time, we reject those less-than-truthful words as harmful and destructive. The words that match God's view of us can bring life.

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