



## WORDS BRING HARM OR HEALING

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Words bring harm or healing



## TRADE COMPLAINING FOR ENCOURAGING

Anxiety in a person's heart weighs him down, but an encouraging word brings him joy.



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## EPHESIANS 4:29

You must let no unwholesome word come out of your mouth, but only what is beneficial for the building up of the one in need, that it would give grace to those who hear.



## PHILIPPIANS 2:14

Do everything without grumbling or arguing



Words bring harm or healing

Trade complaining for encouraging



# CHOOSE QUALITY OVER QUANTITY

## PROVERBS 10:19-20

When words abound, transgression is inevitable, but the one who restrains his words is wise.
What the righteous say is like the best silver, but what the wicked think is of little value.



The one who guards his words guards his life; whoever is talkative will come to ruin.



Even a fool who remains silent is considered wise, and the one who holds his tongue is deemed discerning.



The one who guards his mouth and his tongue keeps his life from troubles.



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- Trade complaining for encouraging



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