

The Power of Words

Week 5- Day 1

This week we are going to focus on the power of words. They can have a positive or negative impact on our lives. Many times, they can change the way a person perceives themselves and the world around them. Our goal by the end of this week is to learn how to reframe negative/hurtful words into positive ones when we hear them.

“A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit. For every tree is known by its own fruit. For people do not pick figs from thorn bushes nor do they gather grapes from brambles. A good person out of the store of goodness in his heart produces good, but an evil person out of a store of evil produces evil; for from the fullness of the heart the mouth speaks.” Luke 6: 43-45

What words from the Bible verse stand out to you?

What do these words remind you of?

Are any of your connections negative? If so, write the word and negative connotation here. Then grab a dictionary and find an antonym for the word. Write the antonym and the dictionary definition here.

Now, take the antonym of the negative connotation and rewrite what you connect to the negative connotation with the new word that you found. This may take some time to think through. You are working to rewrite the negative ideas/beliefs and memories into a positive light. This is not to forget them, but to work through them and eventually feel more in control and grounded when these thoughts come creeping in.
