



Her Poise: Words of Wisdom

Main idea What we say reflects who we are.

Warm-up What do most people say about you?
How do most people describe you?

introduction

Have you ever seen someone look so pretty, stand very confidently and yet, when she opens her mouth, you get “turned off” by the way she acts or the way she speaks? As they say, beauty comes from within and our external should be a manifestation of our internal. Our words, therefore, are just as important as our poise, our look and our clothing.

Message *She speaks with wisdom, and faithful instruction is on her tongue.*
Proverbs 31:26

This chapter continues to describe what makes this woman outstanding. It describes her work, her time and how people see her. But it also describes how she speaks --- something that makes a woman a woman.

[Illustration]

Research say women speak more words than men. An average woman speaks 20,000 words a day while a man speaks only around 7,000. Simply put, what we say characterizes us as women.

Think about this: If this statistics is true, then how many words have we spoken that were kind? Encouraging? Gentle? How many were mean?

How many were mere gossip?

The Bible says, “*the tongue has the power of life and death...*” We have 20,000 opportunities to either speak life or death to the people around us!

The Proverbs 31 woman was described as someone who spoke with wisdom and good instruction – not careless, but careful words. She is both wise in what she says and how she says it.

challenge

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.
Luke 6:45

How do we become better with our words?

We start with our heart. If our hearts have anger, annoyance, irritation, it will show. If ours heart are full of love and joy, our words will give life.

Application/Prayer

Could you share some of the words that were said about you that made an impact in your life. Did it bring life? Did it discourage you?