



**Toxic:** Anything containing poisonous material capable of causing serious sickness or even death.

**Psalm 13:1–4**

The phrase, 'sticks and stones will break my bones, but words will never hurt me,' is one of the biggest lies ever conceived.

**Toxic Words:** Words that can crush one's spirit, destroy relationships, and cause people to act in ways \_\_\_\_\_ to their own well-being.

**There is both good and bad use of our words**

- Proverbs 12:18
- Proverbs 13:3
- Proverbs 15:4
- Proverbs 18:21

**Words of Wisdom**

1. Guard your \_\_\_\_\_ against toxic words. (Proverbs 4:23)
  2. \_\_\_\_\_ life-giving words to others every chance you get. (Ephesians 4:29)
  3. Speak life-giving words to yourself and to your \_\_\_\_\_ . (Psalm 13:5–6)
- You are who God says you are.

Recommended Resources:  
*Soul Detox* by Craig Groeschel

Answers: detrimental; heart; Speak; circumstances



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