

# “Creating with Words”

Genesis 1:15 & Ephesians 1:3-14

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**Prayer for Understanding** God never let our reason distort your truth. Holy Spirit inspire us and reveal your will to each of us. Amen

Mother Teresa said, "Kind words can be short and easy to speak, but their echoes are truly endless." I struggled in school. I have dyslexia. Kindergarten through second grade was brutal. I went through what seemed like an endless array of tests by strangers. Initially, they thought I was retarded and should be taken from my family and put in an institution. Because I could not read and my speech was a mixture of forward and backwards sounds, I am going to be gracious and assume they thought I could not understand them. Some teachers and assessment strangers talked right in front of me like I was not even there saying I was retarded and a waste of time for teachers. Granted retard was used differently back in the 1970s. The proper use of words is constantly evolving. They declared I would never read, write, or speak clearly. They debated what to do with me. Several of my classmates called me a variety of negative names. In third grade my teacher was Mrs. Zuber. She repeatedly called me intelligent for the way I played. When my parents bought a piece of farm equipment, they received a toy replica. I also had a replica of the farm buildings. Often my play involved "farming" the sandbox and yard. I used the proper implement in the correct sequence. I laid out the fields in the same dimensions as our farm and farmed them in the direction and order that we farmed them. Mrs. Zuber repeatedly used my intelligent play to advocate for my education. Mrs. Zuber called me kind. She stayed after class to teach me. Instead of saying I was a failure when I got something wrong, she said that I will be able to do it with practice. She would pull out my file and show me how I was making progress and encourage me. Mrs. Zuber created a wonderful world for me. She was there at my high school graduation. She sent me letters for my graduation from UW-River Falls and Princeton Seminary. She was present for my ordination. I have sent her several thank you letters. Through marriage, Mrs. Zuber is now a distant relative. We always seek each other out and celebrate each other at family gatherings.

Abraham Joshua Heschel said, "Words create worlds." Words transform people. Words can make the cosmos glorious. One aspect of being created in the image of God is each of us creates our life and the world with the words we think and the words we speak.

**Genesis 1:1-5 NLT "In the beginning God created the heavens and the earth. The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters. Then God said, "Let there be light," and there was light. And God saw that the light was good. Then God separated the light from the darkness. God called the light "day" and the darkness "night." And evening passed and morning came, marking the first day."**

God gives each of us the power to create with our words. Don Miguel Ruiz said, "Your word is the power that you have to create; it is a gift." Betty Eadie said, "If we understood the power of our thoughts, we would guard them more closely. If we understood the awesome power of our words, we would prefer silence to almost anything negative. In our thoughts and words, we create our own weaknesses and our own strengths. Our limitations and joys begin in our hearts. We can always replace negative with positive."

There is an old story about a man named Harry who was hosting a dinner party. One of his guests was a surgeon. As he was carving the roast, Harry kept up a running commentary directed at his friend. "How am I doing, Doc? How do you like my technique? I would make a pretty good surgeon, don't you think?" After he was done, Harry proudly set the platter with the slices of meat in front of his guest. With a twinkle in his eye, the surgeon looked up at his prideful friend and said quietly, "Anybody can take them apart, Harry. Now let us see you put them back together again." The same is true of the words we utter; it is easier to say words that tear people apart than to put someone back together.

Jesus is the Word who puts all of us and the cosmos back together. Jesus is the Word who is making all glorious.

Confess the negative words that you have said. How will you make amends for your negative words? How will you reconcile the relationship? How will you transform to speak positive words today and in the future?

It has been said that "The human tongue is a beast that few can master. It strains constantly to break out of its cage, and if it is not tamed, it will run wild and cause you grief." "Do not mix bad words with your bad mood. You will have many opportunities to change a mood, but you will never get the opportunity to replace the words you spoke." Yehuda Berg said. "Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate, and to humble." - Rumi said. "Raise your words, not your voice. It is rain that grows flowers, not thunder." Your words carry amazing power. So, when you speak make sure you uplift someone and never put them down.

Confess the negative words that you think. How will you replace your negative words with positive words? You are creating yourself with the words you think. Words are seeds that land in your heart. Be careful what you plant and careful what you say. You might have to eat what you plant one day. You can change the course of your life with your words.

Sigmund Freud said, “Words have a magical power. They can either bring the greatest happiness or the deepest despair.” Pearl Strachan Hurd said, “Handle them carefully, for words have more power than atom bombs.” Zig Ziglar said, “There is power in words. What you say is what you get.”

You create your life by how you finish the sentence: “I am...” Make a list of your wonderful attributes. Contact your friends and family and ask them to name your goodness. Make these into a list such as, I am gracious, I am kind, I am joyful. Post this list someplace where you will read it at least once a week.

Examine your aspirations, dreams, and goals. Are they stated in the positive? Take, for example, the words, “I should lose 10 pounds.” Some of us may have glumly uttered these words. A little more motivation is found in the words, “I could lose 10 pounds.” Lifestyle changes likely will flow from the words, “I can lose 10 pounds.” One is creating reality in their future when they exclaim. “I am excited to lose 10 pounds because I will enjoy having more energy.” Our inner dialogue creates our actions.

Jesus is the Word who puts all of us and the cosmos back together. Jesus is the Word who is making all glorious. The Holy Spirit is breath who gives us the ability to speak words. The Holy Spirit fills us with creative power to achieve every good word. Jesus heals people without any words, however most of the biblical accounts of Jesus healing someone include Jesus proclaiming words that transforms the words the person being healed thinks and transforms the words that others say about this person.

The Apostle Paul explains how God continues to create the cosmos and humanity through words and through our words. God is creating a glorious cosmos. We will all be united in harmony joyful sharing loving words. Ultimately our words will praise and glorify God. **Ephesians 1:3-14 NLT “All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Even before God made the world, God loved us and chose us in Christ to be holy and without fault in God’s eyes. God decided in advance to adopt us into God’s own family by bringing us to God through Jesus Christ. This is what God wanted to do, and it gave God great pleasure. So we praise God for the glorious grace God has poured out on us who belong to Jesus. God is so rich in kindness and grace that God purchased our freedom with the blood of Jesus and forgave our sins. God has showered God’s kindness on us, along with all wisdom and understanding. God has now revealed to us God’s mysterious will regarding Christ—which is to fulfill God’s own good plan. And this is the plan: At the right time God will bring everything together under the authority of Christ—everything in heaven and on earth. Furthermore, because we are united with Christ, we have received an inheritance from God, for God chose us in advance, and God makes everything work out according to God’s plan. God’s purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, God identified you as God’s own by giving you the Holy Spirit, whom God promised long ago. The Spirit is God’s guarantee that God will give us the inheritance God promised and that God has purchased us to be God’s own people. God did this so we would praise and glorify God.”**

Your words are creating your life. Your words are creating worlds. Your words are healing and redeeming the cosmos. Speak words that are kind, loving, joyful, gracious, positive, uplifting, encouraging, and life-giving.

Frederick Buechner said, “Words have the power to make things happen.” Emily Dickinson said, “I know nothing in the world that has as much power as a word. Sometimes I write one, and I look at it until it begins to shine.” Deepak Chopra said, “Language creates reality. Speak always to create joy.” Lawrence G. Lovasik said, “Kind words are a creative force, a power that concurs in the building up of all that is good, and energy that showers blessings upon the world.”

What kind of world are your words creating? Amen

