

Spiritual Training Part 16

(Words and Sea Mark 4:39 and Ephesians 4:14)

(Two perspectives)

Prescriptive #1

Hello, all faithful saints of God!

Today, I want to share some thoughts on the power of words and how they shape our lives spiritually and practically.

It's fascinating how scripture ties this concept to **wind and movement**, showing how words can direct, locate, and even carry us, sometimes into peace, other times into chaos.

Let's start with **Mark 4:39**, where **Jesus rebukes the wind and commands the sea**, "Peace, be still!" His words brought immediate calm to a storm that had everyone panicking.

This moment is a reminder of the authority words can hold. Just as Jesus spoke peace to the storm, **we too can use our words** to bring calm and stability into chaotic situations.

But here's the twist: words aren't always calming. Take **Ephesians 4:14**, which warns us about being "**tossed to and fro**" by every wind of doctrine.

The imagery here is vivid—a boat being rocked by waves or a person being carried away by unstable teachings. It's easy to see how words, especially those rooted in false or unstable ideas, can lead us into confusion or doubt.

Think about it: how often do we **hear** teachings or opinions that sound good but don't line up with God's truth? These "**winds**" can transport us into uncertainty if we're not grounded.

That's why **discernment** is key filtering what we hear through God's Word and asking ourselves if it brings stability or just more questions.

Ephesians 4:14 also highlights the danger of being carried by trickery and deceitful plotting. It's not just about hearing words; it's about **recognizing their source**. Are they rooted in truth or manipulation?

This applies not only to spiritual teachings but also to the information we consume daily—news, social media, conversations.

Words have the power to move us emotionally, mentally, and spiritually, so we must be intentional about what we allow to carry us.

Hebrews 13:9 backs this up, cautioning against being “carried about with various and strange doctrines.” The phrase “**carried about**” strikes me—it implies movement, being led somewhere, often without realizing it.

Where are the words we hear taking us? Are they leading us closer to God or pulling us away?

Let’s also consider **Proverbs 15:23** and **15:28**, which emphasize the importance of thinking before we speak. Words are not just carriers—they’re also tools we use to carry others.

When we speak, do our words provide stability and encouragement? Or are they tossing people around like waves on a stormy sea?

Here’s a practical example: when I heard about the tragic siege at Kenya’s shopping mall back in 2013, those words moved me to prayer.

They reminded me of God’s authority and the importance of interceding for others in difficult times. **But not every report we hear needs to be shared or acted upon.**

James 1:19 advises us to be quick to listen but slow to speak—a reminder to **pause and reflect** before passing on information.

Words are everywhere—in teachings, conversations, media—and they’re constantly carrying us somewhere.

But we have a choice: will we let them toss us around, or will we anchor ourselves in truth? Will we use our own words to build up others or contribute to instability?

As you go about your day, I encourage you to reflect on the words you hear and speak. Are they rooted in truth? Are they providing peace and direction? **Let’s strive to be carriers of stability, using our words wisely and intentionally.**

Until next time, stay grounded and speak life!

Proverbs 18:21 (NKJV)

Death and life are in the power of the tongue, And those who love it will eat its fruit.

Prescriptive #2

Spiritual Training: Wind and Words

In this installment of spiritual training, we delve into the profound relationship between words and their impact on our lives, as well as the metaphorical significance of wind in scripture.

Drawing from key biblical passages such as **Mark 4:39** and **Ephesians 4:14**, we explore how words—whether spoken, written, or taught—can direct, locate, and influence individuals.

This teaching underscores the importance of **discernment** in the words we receive and the words we share.

The Power of Words: Direction and Location

Words possess an extraordinary ability to shape our lives. They can provide direction, steering us toward purpose or away from it, and they can locate us spiritually, revealing where we stand in our faith and understanding.

In **Mark 4:39**, Jesus demonstrates the authority of words when He rebukes the wind and commands the sea to be still. His spoken words bring immediate calm to a chaotic situation, illustrating that words have the power to transform circumstances.

This account also reminds us of the importance of faith. Jesus questions the disciples' fear and lack of belief, emphasizing that faith stabilizes us amid life's storms.

Similarly, **Ephesians 4:14** warns against being "**tossed to and fro**" by the winds of doctrine. Here, "**wind**" symbolizes **unstable teachings**—words that lack alignment with God's truth.

Just as unstable winds can toss a boat on rough seas, unstable doctrines can lead individuals into spiritual confusion.

The Metaphor of Wind in Scripture

The imagery of wind is used throughout scripture to convey instability or variability. In **Ephesians 4:14**, the "**wind of doctrine**" **refers to teachings that lack solidity** and can lead believers astray.

This metaphor is further illuminated by Thayer's Greek Lexicon, which describes "tossed to and fro" **as being agitated mentally, akin to waves on the sea.**

The connection between **wind and words is clear**—both have the power to transport individuals, either toward truth or into doubt and deception.

Matthew Henry's Commentary expands on this idea, likening unstable doctrines to clouds carried by wind. Such teachings may spread widely but lack substance, leaving believers vulnerable to confusion.

This highlights the necessity of grounding our faith in God's word rather than relying on human interpretations that may conflict with biblical truth.

Discernment in Doctrine

Ephesians 4:14 cautions against being carried away by "**the trickery of men**" and "**deceitful plotting**." This underscores the need for discernment when engaging with teachings that claim to represent God's word.

Not all doctrines are rooted in truth; some are crafted to manipulate or mislead. **Hebrews 13:9** reinforces this warning, advising believers not to be "carried about with various and strange doctrines" but instead to establish their hearts in grace.

The danger lies not only in **receiving** unstable teachings but also in **spreading** them.

As carriers of words, we have a **responsibility** to ensure that the messages we share align with scripture and promote spiritual stability.

Proverbs 15:28 remind us that a wise person thinks before speaking, while **James 1:19** advises us to be "slow to speak" and "quick to hear." These principles encourage thoughtful communication that builds up rather than tears down.

Practical Application: Stability in Words

In light of these teachings, how can we ensure that our words provide stability rather than instability?

First, we must anchor ourselves in God's word, studying it diligently to discern truth from error. Bible study groups and church teachings can be valuable resources, **but they should be approached with caution**.

As noted in the text, groups that deviate from scripture can propagate "**windy views**"—unstable interpretations that lead to doubt.

Second, we must exercise discretion in how we respond to information. The news, for example, is filled with words that can disturb or distract us.

While it is important to stay informed, we must guard against being tossed to and fro by sensationalized reports or opinions. **Proverbs 15:23** highlight the value of speaking at the right time and in the right way, reminding us that our words should bring clarity and encouragement.

Finally, we must **recognize our role** as carriers of words. Once we hear a message or teaching, we have a choice in how we handle it.

Will we spread it responsibly, ensuring it aligns with truth? Or will we propagate instability by sharing unverified or misleading information? **The decision lies with us.**

A Call to Action

As followers of Christ, we are called to be carriers of truth. This requires vigilance in what we accept and share, ensuring that our words reflect God's wisdom rather than human cunning.

In difficult situations, whether personal storms or global crises, we must rely on scripture as our foundation. By doing so, we become vessels of peace and stability in a world often tossed by waves of uncertainty.

Let us reflect on these principles as we continue our spiritual journey:

- 1. Anchor Yourself in Truth:** Commit to studying God's word regularly to discern stable teachings from unstable ones.
- 2. Exercise Discretion:** Be mindful of the words you receive and share, ensuring they align with scripture.
- 3. Speak with Purpose:** Use your words to edify others, bringing clarity and encouragement rather than confusion.
- 4. Pray for Guidance:** Seek God's wisdom in navigating life's storms and sharing His truth with others.

As we move forward, let us remember the power of words—both to calm storms and to create them. May our words reflect the peace and stability found in Christ.

To be continued...

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