

## Key Takeaways:

- 1. Our words have power death and life are in the power of the tongue (Proverbs 18:21).
- 2. Speaking God's promises aligns our minds with heaven's language.
- 3. Declarations shape our destiny and can rewire our brains.
- 4. Consistent affirmations of faith can transform our thinking and experiences.
- 5. We are responsible for activating God's promises in our lives through our words.

## **Discussion Questions:**

- 1. How have you experienced the power of words in your own life, either positively or negatively?
- 2. The pastor mentioned that "sometimes you got to say it before you see it." How does this concept challenge or encourage your faith?
- 3. Discuss a time when you had to declare God's promises over a situation that seemed hopeless. What was the outcome?
- 4. How can we balance acknowledging our emotions while still speaking faith-filled words?
- 5. The sermon touched on the science of how our brains respond to affirmations. How does this scientific perspective impact your view of faith declarations?
- 6. What are some practical ways we can incorporate more positive, faith-filled declarations into our daily lives?
- 7. How can we support each other in speaking life and God's promises, especially during challenging times?

## **Practical Applications:**

- 1. Daily Declarations: Choose 3-5 biblical affirmations to speak over yourself daily for the next week.
- 2. Gratitude Journal: Start a journal where you write and speak aloud three things you're grateful for each day.
- 3. Scripture Meditation: Select a promise from Scripture to meditate on and declare over your life this week.
- 4. Encouragement Challenge: Commit to speaking words of life and encouragement to at least one person each day.
- 5. Media Fast: Consider a short fast from negative media inputs and replace that time with speaking God's word.

6.