



Jason Smith - Generosity Part 3 –

THE POWER OF YOUR WORDS: You Will Eat What You Speak

INTRODUCTION: THE GOD WHO SPEAKS

God stepped out on the edge of nothing and said something—and the universe came into existence by the spoken Word of God.

The heavens and the earth were created, the stars flung into the sky, because God spoke.

Scientists tell us the universe is still expanding in every direction because when God sends His Word out, His Word never stops.

Sound waves don't die; they keep moving. This room is filled with sound waves—past and present. Your home is filled with sound waves—things you said, things said to you, and things you will one day say.

The question is: **What frequency is your antenna set to?** And what are you sending out—positive or negative, faith or fear, blessing or cursing?

Proverbs 18:21 — **“Death and life are in the power of the tongue, and those who love it will eat its fruit.”**

You will eat your words. Your life today is shaped by the harvest of yesterday's words.

Ever notice how the smallest things make the biggest difference? A thermostat sets the temperature for a whole house. A key starts a two-ton truck.

A single text can ruin a good day—or save one. James says your tongue works the same way. It's small, but it has unbelievable power.

Your words can set the tone for your home, your workplace, your friendships, even your faith. Every phrase you say is either planting peace or stirring up chaos.

And the scary part? You can't always tell which until after it's out. That's why James 3 reminds us: **don't underestimate your mouth.**

What seems small in size is massive in impact—and the direction of your words will eventually become the direction of your life.

WE IGNORE OUR WORDS

We think of eating food; we don't think of eating our words. But the Bible says we do.

Growing up, if a kid talked smack on the playground someone would say, "I'm going to make you eat those words!" The truth? We all eat our words every day.

ILLUSTRATION: HENRY FORD (SHOW PIC)

Henry Ford was discouraged. Every prototype had failed. But Thomas Edison told him, "That's incredible—a car with its own engine!" Those words pushed Ford across the finish line.

His legacy was ignited by encouragement.

1. YOUR WORDS SHAPE DESTINY

Your words matter because life and death are in the tongue.

Proverbs 18:21 — “Death and life are in the power of the tongue...”

James 3:4 — “A small rudder makes a huge ship turn...”

Construction takes years; destruction takes seconds.

SHOW CONSTRUCTION PIC 2 & 3

Families, ministries, marriages, and reputations are built slowly and destroyed instantly with words.

Parents, what are you injecting into your kids—your faith or your fears?

You may not be able to control everything that happens to you... But you *can* control what you say about it.

Your words shape:

- how you see yourself
- how you respond to trials
- how your children grow
- how your marriage feels
- how your faith develops
- the atmosphere of your home
- the direction of your future

Some people aren't stuck because of circumstances — They're stuck because their words have chained them to the wrong destination.

You can't talk defeat and walk in victory.
You can't talk lack and live in abundance.
You can't talk fear and expect faith.
You can't talk bitterness and expect joy.

The tongue steers life.

2. FEAR VS. FAITH — THE TWELVE SPIES

Twelve spies went into the Promised Land. Two had faith, ten had fear. The fearful words of those ten poisoned 2 million Israelites. A whole generation wandered and died in the wilderness because of words.

3. THE UNTAMED TONGUE

James 3:8 — “But no human being can tame the tongue. It is a restless evil, full of deadly poison.”

James 3:5 — “The tongue is a small member, yet it boasts of great things.”

James 3 calls the tongue small but powerful, a world of evil, a deadly poison. With it we bless God and curse people made in His image. Your tongue sets the direction of your life.

Salt and fresh water shouldn't come from the same spring—but often they do.

James doesn't say the tongue is *difficult* to tame...
He doesn't say it's *challenging* to control...

He says it is **impossible** — for humans.

On our own, your tongue will:

- speak too quickly,
- react emotionally,

- lash out when hurt,
- exaggerate when angry,
- gossip when bored,
- criticize when insecure,
- and wound when it feels threatened.

Your tongue has one instinct:

To burn everything in its path.

James compares it to a spark that can ignite an entire forest.
And we've all seen it happen:

A marriage scorched by words spoken in anger.
A child wounded by a parent's careless comment.
A friendship destroyed by gossip.
A church divided by whispers.
A family broken by criticism.

Words build worlds... and words destroy them.

4. YOU WILL EAT WHAT YOU SAY

Your words build or break your marriage, ministry, and self-image.
They shape your emotional life. They determine the climate of
your home.

Proverbs 25:11 — **“Like apples of gold in settings of silver is a
word spoken at the right time.”**

ILLUSTRATION: FORMER LEADER

Years ago, before Shawna and I were married, we were leaders in
our youth group.

There was an instance when I was speaking with a church leader,
and his wife interrupted our conversation. I will never forget his
response.

5. **“I WILL” — SPEAKING IN FAITH**

Psalm 91:2 — **“I will say to the Lord...”** The psalmist didn’t say “I believe”; he said, “I will say.”

We need new I WILL statements: I will walk in the Spirit. I will be kind. I will be healthy. I will trust God. I will see breakthrough.

And we must eliminate negative I WILLs: “I will never change... I will never be free... I will never get better...”

6. **“I AM” — THE DIRECTION OF YOUR LIFE**

Your “I AM” statements steer your destiny. Stop saying: I am clumsy. I am stupid. I am angry. I am broken.

Start saying: I am blessed and highly favored. I am joy-filled. I am strong. I am Spirit-filled. I am fruitful.

Proverbs 18:21

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

This is the most direct, unmistakable verse.
It teaches three things:

- Your tongue has **power**.
- Your words produce **fruit** (results, consequences).
- You will **eat** (experience, live with) the results of the words you speak.

You will eat the fruit of your mouth—so plant better fruit.

7. **SPEAK TO THE MOUNTAIN**

Mark 11:23 — “Whoever says to this mountain...” Jesus didn’t tell us to merely pray about the mountain but to speak to it. Your words direct the supernatural.

8. **DON'T LET PEOPLE LABEL YOU**

Most of us have allowed others to determine our destiny with their words. But Psalm 107:2 says, **“Let the redeemed of the Lord say so.”**

If God didn't call you that, don't call yourself that. Don't let the enemy label you.

Labels are powerful.

Words spoken over us — especially when we were young — can cling to our minds like stickers that never seem to peel off.

“He's not smart.”

“She's too emotional.”

“You'll never change.”

“You're just like your father.”

“You're trouble.”

“You're weak.”

Maybe you didn't choose the label... but it was put on you anyway.

People may mean well, or they may speak out of their own brokenness — but their labels were never meant to define you.

Only God has naming rights over your life.

And He calls you:

- Chosen
- Loved
- Forgiven
- His masterpiece (Eph. 2:10)
- Accepted
- Called
- Valuable
- Set apart

- Free
- His child

**The enemy will try to attach labels to you based on your past.
But God labels you based on His *purpose*.**

When you let people label you, you end up:

- living in reaction instead of calling
- shrinking instead of growing
- doubting instead of believing
- surviving instead of walking in purpose

But Psalm 107:2 tells us:

“Let the redeemed of the Lord SAY SO.”

God says you’re redeemed.

But YOU must SAY SO.

You must speak your identity out loud.

Because if you don’t speak what God says about you, you’ll end up repeating what someone else said about you.

You can’t stop people from talking...

But you CAN stop their labels from taking root in your heart.

ILLUSTRATION: MY NAME

My parents named me Jason, meaning Healer. Even before I knew God, my name prophesied my future. Your true identity is what God calls you—not what others say about you.

9. SPEAK LIFE INTO OTHERS

Use powerful, healing phrases: I love you. I’m proud of you.

You’re gifted. Thank you. You matter.

Ephesians 2:10 — You are God’s masterpiece.

Proverbs 16:24 — “Pleasant words are honeycomb, sweet to the soul and health to the bones.”

You can’t talk lack and expect abundance. You can’t speak defeat and expect victory.

10. YOUR WORDS ARE SEEDS

Your words are seeds for your future. You will eat their fruit—good or bad. Sow life, not weeds. Negative, critical words destroy good seed.

Speak words that nourish and cherish others. Your harvest will be explosive.

Every word you speak is a **seed**.

You never speak into empty air.

You speak into:

- your future,
- your marriage,
- your children,
- your own heart,
- your destiny.

And like all seeds, your words:

- **take root,**
- **grow,**
- **produce fruit,**
- and eventually, **come back to you.**

Your life right now — the atmosphere you live in, the confidence or insecurity you feel, the peace or chaos around you — is largely, not always, but many times, the harvest of yesterday’s words.

You are living today in the crop of what you spoke yesterday.

And you will live tomorrow in the crop of what you speak today.

11. SPEAKING TO YOURSELF

Many of us speak life to others but death to ourselves. We are often our own harshest critics.

John 8:32 — **“You shall know the truth, and the truth will set you free.”**

Let God’s truth reshape how you speak to yourself.

CONCLUSION: YOUR WORDS SHAPE YOUR FUTURE

Your words shape your family, marriage, ministry, emotions, faith, and destiny. Surrender your tongue to the Holy Spirit. Sow good words. Bless your future. Speak life.

DECLARATION (READ TOGETHER)

Matthew 12:34 — **“Out of the abundance of the heart the mouth speaks.”**

“I declare I will speak only positive words of faith and victory over myself, my family, my church, and my future. I will not use my words just to describe the situation. I will call in favor, good breaks, healing, and restoration. I will not talk to God about how big my problems are. I will talk to my problems about how big my God is. My words have power, and I will release life as I speak. I will be an encourager and a life-giver. Help me, Holy Spirit, to live up to this declaration. In Jesus’ name, amen.”