

**When Thoughts Become Words**

**Scripture:** “For as he thinks in his heart, so is he.” — Proverbs 23:7a (KJV)

**Main Idea:**

Thoughts are never just thoughts. They are seeds that grow into words, and words shape your world. What you consistently think, you eventually speak.

**Key Points:****1. Thoughts Are the Root, Words Are the Fruit**

- Luke 6:45 — “Out of the abundance of the heart the mouth speaks.”
- If your thoughts are fearful, your words will sound anxious.
- If your thoughts are bitter, your words will sting.
- If your thoughts are full of faith, your words will bring life.

**2. Words Have Power**

- Proverbs 18:21 — “Death and life are in the power of the tongue.”
- Before words are in your mouth, they are in your mind.
- True change starts with renewing your thoughts (Philippians 4:8).

**3. What You Think in Secret Will Be Spoken in Public**

- Thoughts leak. Stress and emotion reveal what’s hidden.
- Be mindful of what you entertain—because it will shape your speech and influence others.

**Reflection Questions:**

- What thoughts are you nurturing today?
- If those thoughts became words right now, would they build up or tear down?

**Prayer:**

Lord, help me to guard my thoughts. Let my mind be a place where Your truth dwells richly, so my words reflect Your heart. Renew my thinking daily, and let my speech bring life and grace. In Jesus’ name, Amen.