

## Day 35: Spiritual Disciplines ~ Speak the Word

What do you speak over your life and those around you? Do you speak words of encouragement and life or critical words and death? What you speak matters. Proverbs 18:21, “Death and life are in the power of the tongue, and those who love it will eat its fruits.”

Paul reminds us in Ephesians 4:29, “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Jesus teaches that it is not what goes into the mouth that defiles a person, but what comes out of the mouth that defiles a person (Matt 15:11).

James warns us about the power of our words in James 3:3-6, “When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. <sup>4</sup> Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. <sup>5</sup> Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. <sup>6</sup> The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one’s life on fire, and is itself set on fire by hell.”

Another effective tool for the Word is to speak it in a way that builds us up in faith and transforms our lives. Paul reminds us in Ephesians that the sword of the Spirit, which is the Word of God is our only offensive piece of armor that we can use anytime to defeat the enemy (6:17).

Isaiah emphasizes in 55:11, “So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” Yes Lord. Transform our lives. Do you need peace? Speak scriptures over your mind. Do you need healing? Speak healing scriptures. I know it worked for me.

May our prayer be that the meditations of our heart and the words of our mouth be pleasing to God (Ps 19:14).

## Day 35 Worksheet

Do you find yourself speaking positive words or negative words over yourself, others, and situations?

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Do you currently speak the Word over your life? If Yes, when did you start? If not, why not, is this the first you have heard of this discipline?

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Read James about the power of the tongue. Write what these verses mean to you.

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Write five scriptures that you want to begin speaking over yourself, others, and circumstances.

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Write two action steps on how you will implement this activity into your daily life.

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