

**I. The Right Flow: The Right Thoughts, The Right Words**

**A.** Watch your thoughts; they become your words.

Watch your words; they become your actions.

Watch your actions; they become your habits.

Watch your habits; they become your character.

Watch your character; it becomes your destiny.

**B.** Simply put, you are what you speak!

1. We've all heard the expression, "you are what you eat," but it is also true to say, "you are what you think."

2. ...And your voice is the most influential voice in your life.

**C.** If you want to see where your life is headed, listen to the words coming out of your mouth.

**Mikaela's Note:** You may think I'm jumping to conclusions, but during our time together today, I will show you Scriptures from the Word of God that prove this statement, as well as some modern-day examples proving to be true.

**II. So, if we are what we speak, where are the words we're speaking coming from? I believe the words we speak come from the thoughts we think!**

**A.** Let's talk about our thoughts for a moment, before we take a look at our words...

1. To think is – *to form of have in the mind, to have as an opinion, to regard as or consider, to reflect on or ponder, to call to mind or remember, to center one's thoughts on or form a mental picture of, to consider*

2. In other words...What we think about is what our mind is meditating on.

**B.** We must meditate on the Word and renew our mind!

1. Biblical meditation is – *to engage in reflection or contemplation, to focus one's thoughts on, to reflect or ponder over*

2. Biblical meditation is about focusing our thoughts on Him and reflecting on His Word.

3. Whether we realize it or not, we all spend a great deal of our time each day in meditation.

C. Proverbs 4:20-23 (ERV) says:

- *“My son, pay attention to what I say. Listen closely to my words. Don’t let them out of your sight. Never stop thinking about them. These words are the secret of life and health to all who discover them. **Above all, be careful what you think because your thoughts control your life.**”*

D. Psalm 1:1-3 (AMP) says:

- *“Blessed [fortunate, prosperous, and favored by God] is the man who does not walk in the counsel of the wicked [following their advice and example], Nor stand in the path of sinners, Nor sit [down to rest] in the seat of scoffers (ridiculers). But his delight is in the law of the LORD, And on His law [His precepts and teachings] he [habitually] meditates day and night. And he will be like a tree firmly planted [and fed] by streams of water, Which yields its fruit in its season; Its leaf does not wither; And in whatever he does, he prospers [and comes to maturity].”*

E. So if the words we speak come from the thoughts we think, and our thoughts and words control our lives, then we must meditate of His Word continually.

F. **We’ll come back to this later, but now let’s take a look at our words...**

1. Proverbs 18:21 (NLT) says:

- *“The tongue can bring death or life; those who love to talk will reap the consequences.”*

2. Proverbs 21:23 (NLT) says:

- *“Watch your tongue and keep your mouth shut, and you will stay out of trouble.”*

3. Proverbs 12:14 (NKJV) says:

- *“A man will be satisfied with good by the fruit of his mouth...”*

G. Our words have incredible power!

1. Our words must be intentional and purposeful.

2. We must be choosy/picky about what we say AND equally has cautious about what we “agree with” (LIKE on Facebook).

a) Agree with?

- Flu season... everyone’s getting the stomach bug... the effects of the economy... DON’T AGREE WITH IT.

- b) Intentional & Purposeful:
- “That scared me to death.”
  - “That’s killed me.”
  - “You almost gave me a heart attack!”
  - “I’m sick and tired...”
  - “I nearly died laughing”
  - “Some things never change.”

3. These common sayings may seem innocent, but remember Proverbs 18:21 (NLT) says:

- *“The tongue can bring death or life; those who love to talk will reap the consequences.”*

H. Are you going to reap the consequences of your words OR are you going to reap the benefit and reward of your words??

1. Matthew 12:34 (BEREAN STUDY BIBLE) says:

- *“For out of the overflow of the heart, the mouth speaks.”*

2. And Matthew 12:36-37 (MSG BIBLE) says:

- *“Let me tell you something: Every one of these careless words is going to come back to haunt you. There will be a time of Reckoning. Words are powerful; take them seriously. Words can be your salvation. Words can also be your damnation.”* Every time we speak, we either speak death or life over our circumstances.

III. **Many don’t realize how detrimental their words are in producing their outcome.**

A. There are many stories of famous people who have literally prophesied defeat and, in some cases, their own death.

**Mikaela’s Note:** I’m not trying to scare you, but maybe this will encourage you to zip your lips!

B. The former bass guitarist for the band Weezer, Mikey Welsh, predicted his own death on Twitter based on a dream he had.

1. On September 26, 2011, the 40-year-old musician tweeted, "Dreamt I died in Chicago next weekend (heart attack in my sleep). Need to write my will today." Immediately, he tweeted a correction, "the weekend after next."

2. Two weeks later, on October 8, 2011, Welsh was found dead in a hotel room in Chicago at the exact time he predicted. While prescription drugs were found in his room, the suspected cause of death was a heart attack brought on by drug overdose.
  3. What did Matthew 12 say? **"Words are powerful; take them seriously."**
- C. Another chilling story is taken from Jimi Hendrix lyrics to a song he wrote in September 1965 titled, "The Ballad of Jimi" The lyrics included:
1. *"Many things he would try  
For he knew soon he'd die  
Now Jimi's gone, he's not alone  
His memory still lives on  
Five years, this he said  
He's not gone, he's just dead"*
  2. Exactly five years later, Hendrix died on September 18, 1970, just as he declared.
- D. One last gripping story to show the seriousness of our words includes a radio interview with former Major League pitcher Frank Pastore.
1. After his baseball career ended, he showcased his talents as a sports celebrity on a daily radio talk show. The last show he taped featured a discussion on the topic of mortality.
  2. In it, Pastore said, *"You guys know I ride a motorcycle, right? At any moment, especially with the idiot people who cross the diamond lane into my lane...at any minute, I could be spread all over the 210."*
  3. Eerily, after finishing the show that day, he hopped on his motorcycle and proceeded down his normal route on the 210. Unfortunately, this time, another vehicle swerved head on into his motorcycle. which led to his death.
- E. Now, you may not be using words that are this detrimental, but what are you saying?
- Are you speaking words of failure?
  - Are you agreeing with hopelessness?
  - Are you declaring poverty and defeat?
  - Are you speaking words that are contrary to God's Word?

- F. If you change what you're saying, you will change what you're seeing.
  - 1. There is nothing more powerful than speaking God's Word out of your mouth.
  - 2. His Word is His Will.
  - 3. When you align your mouth with what the Word of God says, you're activating the power of God to go to work in your life!
  
- G. There is a voice of faith & there is a voice of doubt.
  - You cannot talk defeat and expect victory!

**IV. So, now let's tie the two major things we've talked about, together:**

- A. The THOUGHTS we THINK *and* The WORDS we SPEAK
  - 1. We change our life by changing our words and we change our words by changing our thoughts.
  - 2. It all begins with what we meditate (THINK) on.
  
- B. So how do we meditate on the things of God?
  - 1. **Worship**
    - a) When we worship and praise, we are focused on the source of all – Our source.
    - b) Psalm 27:4 (NLT) says:
      - *"The one thing I ask of the LORD — the thing I seek most— is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple."*
    - c) The economy, your job, your marriage, your family – these things are not your source of your life.
    - d) When we begin to worship (Psalm 100:4), when we enter His gates with thanksgiving and His courts with praise, we set our minds and our thoughts on Him.
  
  - 2. **Consider**
    - a) Give the Word time!
      - 2 Timothy 2:7 (NKJV) says: *"Consider what I say, and may the Lord give you understanding in all things."*

- 2 Timothy 3:16-17 (NKJV) says: *“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”*
- b) When we give diligence to the Word day and night, we will prosper.
- c) When we consider the Word and reflect on the Word... when we meditate on the Word... it will do in us what needs to be done— it will teach us, change us, correct us, comfort us.
- d) Garbage in, garbage out. Defeat in, defeat out. Life in, life out. Victory in, victory out. The Word in, the Word out!

### 3. Renew

- a) We become (our thoughts become = our words become) transformed by renewing our mind!
  - Romans 12:2 (NKJV) says: *“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”*
  - Philippians 4:8 (NKJV) says: *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”*
- b) We have so much power! We have the ability to choose our thoughts! We can choose what we think about! We can choose what we focus on!
  - When we decide to focus on who offended us, what seems to be going wrong in our lives, who’s made us mad or hurt our feelings...
  - When we focus on these things, we are using our God-given power (to choose what we think about) to chart our course for failure.
- c) Paul says we have the choice!
  - If we would **choose** to think on the things that are true, honest, just, pure, lovely and of a good report...
  - Our words would change because our minds would be fixed on the RIGHT things.

- d) When our minds are fixed on the right things, when our minds are constantly being renewed by the Word of God and the things of God, our words will match up with those thoughts, which match up with His Word!
- What goes on inside of our head is what is determining our destiny!
  - We must take our thoughts captive!
  - We must focus on His Word and let that be the source of our life!
4. If we will **worship** Him, **consider** His Word and give it time in our lives, and if we will **renew** our minds and become transformed...

**Closing Thoughts:** I believe we will have the right thoughts, which will become the right words and keep us in the right flow!