



THE POWER OF OUR WORDS

*"Death and life are in the power of the tongue, And those who love it will eat its fruit". **Prov. 18.21***

Proverbs 18:21 tells us, "The tongue has the power of life and death." Words hold immense power: the universe was spoken into existence; Jesus performed miracles and cast out demons through his words; entire empires have been built or destroyed by the words of their leaders; words can alter the course of a person's life. For instance, words can bring life when we share the gospel of Christ and encourage our fellow believers.

In Luke 6:45, Jesus says, "Out of the abundance of the heart, the mouth speaks." God provides us with profound wisdom for living an extraordinary life. Ultimately, God's aim isn't merely to refine our speech but to transform our hearts.

The Bible offers extensive guidance on the words we speak.

Ephesians 4:29 advises, "Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers".

Proverbs 10:19 states, "In the multitude of words sin is not lacking, But he who restrains his lips is wise".

Proverbs 15:4 notes, "A wholesome tongue is a tree of life, But perverseness in it breaks the spirit".

Colossians 4:6 encourages, "Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one."



ANGER

Consider these questions:

How do you speak in your daily interactions with your spouse, children, friends, and colleagues?

How do you communicate during disagreements?

What kind of language do you use in everyday conversations?

Consequences for not guarding our words

- Lack of spiritual passion
- Frustration
- Lack of peace
- Questioning of our calling in God
- Drawn to old bondages
- Defeat

How can we become more thoughtful with our words?

- Pray for guidance in your speech and seek opportunities to encourage others.
- Practice pausing before you speak. When responding to someone, take a moment to count to three and consider whether your response will honor God or harm the listener. Instead of rushing to criticize or use harsh language, strive to speak life-giving words.
- Apologize to those you've hurt with your words.



ANGER

Declare and Repeat:

Repent

Heavenly Father, I seek Your forgiveness for my harmful words. I confess that my speech has hindered others and given the enemy a foothold, blocking Your blessings. I recognize that my past and self-perception have shaped my speech. Please cleanse my heart and renew my words to reflect Your love and grace. I pray in Jesus Christ's name. Amen.

Rebuke

Heavenly Father, Today, I declare that the God of Abraham, Isaac, and Jacob, the Father of my Lord Jesus Christ, has forgiven me for every sinful word I have spoken. I now stand in the authority given to me over every idle word and demonic spirit that has used my words to gain influence. I rebuke every demonic spirit oppressing me because of my words and break the power of every sinful word I have ever spoken. I proclaim freedom to every person, place, or thing that my words have cursed and brought into bondage. I take back those words and wash them away with the Blood of Jesus. I declare freedom to those held captive by my words. Be free in the name of Jesus. Amen.

Restore

Holy Spirit, you used the Word of God to frame the universe. Today, I ask You to heal my heart so it may overflow with the Living Word, blessing myself and those around me. Help me to set my mind on the things above, filling my heart with a constant sound of praise. Speak through me, Holy Spirit. I surrender my heart and my mouth to You today. Use me to establish Your Kingdom and be a blessing to others, first through my words and then through the abundance of Your spiritual provision. Teach me to align my speech with Your will, preparing the way for the soon-coming King. I love You, sweet Spirit of God. In Jesus' name, amen.