

The Truth About the Words You Speak

Words are wonderful when they are used in a good way. They can encourage, edify, and give confidence to the hearer. A right word spoken at the right time can actually be life-changing (Proverbs 15:23).

But words can also keep us from experiencing God's plans for our lives. Proverbs 18:21 (NIV) says, "The tongue has the power of life and death...."

Words are containers for power and we need to choose them carefully.

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The Bible shows us that there is a heart-mouth connection for the words we choose to speak. Matthew 12:33-34 (NIV) says, "Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit....For the mouth speaks what the heart is full of."

What's in your heart will come out of your mouth if it's in your heart in abundance. This means if you think about something long enough, it's going to come out in the words you speak.

Now, we need to understand that we cannot tame our tongue without God's help. James 3:7-8 (NIV) says, "All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison."

The good news is God will never tell us to do something without giving us His grace—the ability to do it—when we lean

on Him. And He wants to help us tame our tongue because the quality of our life can't rise above our own confession.

Confession means "to say the same thing as." We need to say what God says—to speak His Word—not what our feelings, other people, or our circumstances are telling us. And when we say what He wants us to say, we're going to have what He wants us to have.

For example, when our words line up with God's Word, we are going to have greater faith and confidence that He will answer our prayers. Isaiah 58:9 (NIV) says, "Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. If you do away with the yoke of oppression, with the pointing finger and malicious talk."

God is saying here that it's just as important to glorify Him through the words you speak when you're *not* praying as it is when you are praying.

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We can also have the benefit of increased joy by controlling our tongue. Every word is like a seed, and it brings a harvest in our life. Proverbs 18:20 (NIV) says, "From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied."

When we speak faith-filled words and pray, asking God to change something in our lives, we are releasing our faith for His will to be done. But whenever we speak negativity, we are opening the door for the enemy.

Praise is God's language and complaining is the enemy's language. Your joy will increase when what you speak agrees with God and His Word.

I really want you to get this today: **Changing the way you talk will change your heart.**

Do you need a change of heart? All of us can say yes to that because we all have room to grow in our relationship with God. And one way to make progress is to speak His language. Here are some practical ways you can do that:

- Speak positive, faith-filled words of hope and encouragement about yourself and others. (Say what God's Word says about us!) The Bible says we have the power to bless or curse with the words of our mouth. (James 3:8-10)
- Be thankful and say so! Don't just think about how much you appreciate someone—tell them! (Psalm 100:4)
- Be an encourager. Make an effort to give someone an encouraging word every day. (Ephesians 4:29-32)
- Tell the truth! (John 8:31-32)
- Speak the Word of God. Recite and memorize verses that deal with things you want to change or overcome—anger, unforgiveness, insecurity... (Psalm 1)
- Don't talk too much. Be quick to hear and slow to speak. (James 1:19)

Remember: "The tongue has the power of life and death" (Proverbs 18:21), so choose wisely. When you do, it will change your life!

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