

This Spiritual Warfare Tactic Produces Supernatural Results

The Bible offers plenty of wisdom about words. For starters, Jesus affirmed, “That which goes into the mouth does not defile a man, but that which comes out of the mouth, this defiles a man” (Matt. 15:11). Paul instructed to “let no unwholesome word proceed out of your mouth, but only that which is good for building up” (Eph. 4:29a). And Proverbs didn’t mince words. It revealed, “Death and life are in the power of the tongue” (Prov. 18:21a).

You likely know the power of your words to build up or tear down other people. And you’ve undoubtedly experienced the power of someone else’s words to do the same to you. But have you ever considered the impact of your own words on your own life?

Life or Death to Your Destiny

You see, the words you speak about yourself often trickle down to either bring death or life to your destiny.

Consider this popular quote: “Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.”

The Negative Results of Negative Speaking

Now, to fully see the power of this, here’s an example of the negative effect of your negative words.

If you entertain a thought like: “You failed at that endeavor; you’ll never succeed at anything.” Before long, you start to speak accordingly: “I am a failure.” And when you speak like this, you take on this identity, which results in walking with

your head held low or isolating yourself from other people. This then becomes a habit of being afraid of ever taking a risk again or staying within a comfort zone. Over time, this changes your character into someone who is known as mediocre. And finally, as Jesus warned, you live defeated and defiled all because of what you came out of your mouth.

The Positive Results of Speaking God's Word

As I explore in my book, *Activating the Power of God's Word*, you can change course by running God's Word through your mouth and letting its power work through your life. Consider the difference. Cast down a defeated thought with a word of victory. For example, if you identify with Ephesians 2:10 and declare, "I am God's masterpiece," soon after, you'll begin to walk with joy and make bold moves. This will become a habit—you'll stand back up even if you fall. Then you'll be known as someone who doesn't give up. And the result? You'll live a victorious life not swayed by circumstances.

So watch what you say—about yourself. Don't let your own mouth defile your own life. But use your words to identify with your identity in Christ. And eventually you'll find that you are what you speak. {eoa}

Kyle Winkler equips people to live in victory. His mobile app, *Shut Up, Devil!*, is the #1 spiritual warfare app; and his book, *Activating the Power of God's Word*, uncovers 16 strategic declarations to transform your life. Kyle holds a Master of Divinity in biblical studies from Regent University. Get daily encouragement from Kyle on Facebook and Twitter.