

# Lesson 5

## The Power of Your Words

### Read

Chapters 5 and 10

### Discussion

1. Go on line to the following link before you start the discussion:

<https://www.youtube.com/watch?v=Hzgzim5m7oU>

*“God chose to create life with His word. Likewise, He will one day destroy His enemies by the power of His word ([2 Thessalonians 2:8](#)). When He created the Heavens and the earth - He spoke ([Genesis 1:3](#)). Before He became flesh, He was the Word ([John 1:1](#).) When He raised Lazarus from the grave - He spoke ([John 11:43](#)).*

*Words therefore, are a big deal for God. They are powerful weapons that can be used to bless us... or condemn us and those around us.” (p.61)*

Have you ever thought about how much what comes out of your mouth influence your destiny? What are some of the insights that this knowledge - that is - that words are a big deal for God change your attitude towards your words?

2. *“We often do not realize how much our words influence the course of our lives. The devil uses the words that we speak as tools of discouragement, which keep us from believing in the awesome power of God. How many of us find ourselves sharing our burdens with our friends and family as if they were permanent (p.62).”*

In chapter 5, I introduce the concept of “speaking life” and “speaking death” into our relationships, finances, health and jobs. As you read the different Bible verses and insights, did any of the examples convict you? If so, list some of the areas where you have been speaking **death** instead of **life**. Get a 3x5 card and write down some of the verses listed in the chapter to help you stay focused and speak life. Share your insights with your group.

3. In “Speak out Blessing!” on page 68, I wrote regarding Mark 11:23-24

*“Notice that Jesus is addressing faith that is conveyed in words. Four times did Jesus use verbs that required a declaration of faith. It is not enough to believe in our hearts. We must declare. We must declare, with our tongues, that what we believe will happen. That mountain will not move until we speak in faith.”*

As we read Scriptures, it is clear that God expects us to seal our faith with words of faith. We mustn't only believe. We must **DECLARE** that we believe. When you pray, do you quote the Bible, affirming that you believe what it says about your situation or need? In the spaces below, write down areas in which you must increase in faith.

### Action Items:

- a) Write down the Bible verse from chapter 5 that spoke louder to your struggles regarding your words. Then write down words of faith that you will start speaking about your situation. You can choose to write it in 3x5 cards, or in your journal, as a prayer.
  
  - b) Pray about choosing someone you trust to hold you accountable regarding the words that you pronounce about your situation. You can ask your best friend or husband to tell you when your words are speaking death into your situation. Share the concept with them and ask them to hold you accountable.
4. In “A Testimony issue” on page 69, I share the story about Jeryn and how surprised I was when I found out that a 9-year old knew so much about me. It made me realize that I have to be constantly aware that the “little eyes and ears” are paying attention to my actions and my words. I wrote:

*“The problem is when our entire lives are the opposite of what we preach. If you make your children quote and memorize the fruit of the spirit in Galatians 5, but on that same day they witness you lose your temper with their daddy over something small (for the fifth time that week), guess which lesson they learned? Yep. Not joy, peace, gentleness, patience, love, goodness and self-control! They just learned that mommy cannot control her tongue... and does not cultivate the fruit of the spirit in her life. You just taught them a lesson on how to curse their relationships.”*

As you read this passage, did any real life example come to your mind? It may be a neighbor or church friend, whom you notice does not “live what they preach” in front of their children. Or maybe, this passage was convicting to you. Write down below some of the responses that you have observed on children who have that type of discrepancy from their church-going parents.

## Meditation:

- a. Take a moment to pray for the parents and the children that you know are affected by this issue.
  - b. If this passage convicted you, ask God to forgive you and help you act more like Jesus, thus making your testimony real and true to your children.
  - c. If the Holy Spirit leads you, ask your children to forgive you for the times when you have not reflected what you believe in your actions. Be specific.
  - d. If you feel comfortable, share with your group your struggles regarding your testimony.
5. *“There is incredible power in the tongue. Were it not so, God would not have chosen words to give life and make light out of darkness. We must realize that truth and make a conscious effort to avoid words that curse our lives and the lives of those around us. It’s not an easy process, mainly if you’ve been using negative words all your life. But if we are to maintain a strong 12-inch Faith Bridge, the words that come out of your mouth can be used as tools to build it... or destroy it.” (p73)*

**Inventory time.** Take some time to ask God to show you if there is anything in your attitude that is directly opposite of what you declare with your tongue... or situations and people that make it hard for you to maintain a positive speech. Write down and discuss with your group God’s insights for you on this subject. For example, you may have a hard time controlling your tongue whenever people upset you. Or you may be constantly negative about your health or finances.

- Using my book, Bible concordance or [www.Biblegateway.com](http://www.Biblegateway.com), look for verses that speak about the power of the tongue. Write down one or two verses that you need to memorize. You can write them on 3x5 cards or sticky notes.

## The SPEAK LIFE Action Plan

Below you'll find some practical suggestions which will help you deliberately commit to SPEAKING LIFE instead of DEATH into your life... and the lives of others around you.

- Stop before reacting when someone says something that upsets you. Take a deep breath and say a quick prayer: *"Help me hold my tongue, Holy Spirit."*
- Learn to bring your battles before God before choosing which ones are worth fighting. You'll be surprised - you may just find out that many things you argue with others about are not important at all.
- It's ok to walk away from an argument. You can say: "If we talk about this right now, I will not be fair. I'm angry. Let's discuss it later."
- Ask yourself: *"How would I feel if someone spoke to me like that?"* You will be much kinder with your words if you put yourself in someone else's shoes before speaking.
- Take a cue from Clara Barton, founder of the American Red Cross. Once she was asked if she remembered something vicious one said to her. "No," she replied, *"I distinctly remember forgetting that."*
- If you are not a morning or late evening person, particularly if early hours are a challenge to you, make a commitment not to engage in arguments or deep conversations until you feel completely awake. In the same manner, if the person you live with isn't a morning person, make a commitment not to engage him/her in conversations until they are fully awake and rested. Let the people who live with you know that you are serious - you do not function well at either extreme of the day and you will have to arrange a communication time more conducive to your personality.
- Think of yourself as a faithful friend. Start living by this rule: **"I will not repeat anything a person tells me. The gossip will stop with me."** If you have friends who love to gossip, tell them that God has been convicting you regarding gossip and that you do not want to discuss other people's lives. A good friend will understand and honor that decision.

- Start a “Praise Ritual” during your quiet time. Start listing all the things you can thank God for. List not only the blessings in your life, but mainly, focus on His attributes. These never change. Learn to praise the Giver, not the gifts.
- Ask God to make you aware of any self-deprecating comments and choose to speak success instead of defeat into your days.
- Listen to more praise music!