

## **Speak Life**

### **Ready:**

"Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."- Colossians 4:6

### **Set**

Your words have power. Every thing that comes out of your mouth makes an impact. Whether you are with your friends or in a game, you are always planting seed with your speech. You will harvest the seeds you plant no matter what you have said. If you are always talking about how horrible you are at something, you will continue to be horrible. If you always say to yourself that you will succeed, you will eventually see that success take place. Death and life are in the power of the tongue, everything you say will make an impact whether it's positive or negative.

It's easy to be lazy with what you say and let out any thought that enters your mind. Don't let yourself be lazy, be disciplined and be intentional about what you say and how you say it.

Be known as the one who speaks encouragement, the one who lifts others up when they're down. Most of us let a bad situation get worse because all we ever talk about is how bad it is. We constantly complain and there is no progress made in the midst of complaining. Make the best out of everything.

Your words have power to change situations, change your situation for the better.

### **Go**

1. How have you impacted your situations in the past week?
2. Have you been someone who makes things better, or have you made things worse?
3. What will you change going forward?

### **Workout**

- Proverbs 18:21
- Proverbs 12:13-14

### **Bible Reference:**

Proverbs 18:21

Proverbs 12:13-14



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