

## **Speak the Truth**

### **Ready:**

“I have written to you who are young in the faith because you are strong. God’s word lives in your hearts, and you have won your battle with the evil one.” -- 1 John 2:14

### **Set**

Are you overwhelmed and discouraged? Has the situation of this world caused you to lose hope? Embrace His Word. It’s going to be okay. Take comfort from His Word. As we navigate the ups and downs of this season, we can rest on our firm foundation—He who was here from the beginning. We are not alone. He is with us and in us. That alone should give us the ability to find peace amidst the chaos. John breathes life into us with a truth, “You are strong.”

Say that out loud: “I am strong.”

There is something that happens when we speak and affirm truths out loud. If you are struggling, consider making a list of some truths and reading them out loud daily to become more like the person God wants you to be.

John also tells us, “The word of God abides in us.” God’s holy and inspired Word is in us. We need to embrace that, believe it and live it out. I gain great comfort that the Designer of this world has given us His Word to read. His heart’s desire is that we would write it on our hearts. That means memorizing Scripture, so it is fresh in us every day.

John ends with, “We have overcome the evil one.” Each day we see the battle the evil one wages in our minds, our hearts, and our lives. It is imperative to hold onto John’s words.

Do you believe that we have overcome the evil one? It is true. Say it out loud: “We have come overcome the evil one.”

Let that sink into your hearts. John’s words bring us hope and encouragement in troubling times, so don’t lose heart! We must turn to God’s Word for it will bring us comfort, hope, and joy in times of discouragement.

### **Go**

- What is holding you back from believing the truths proclaimed in God’s Word?
- Consider creating a list of truths to read out loud daily. What truths should be on your list?
- What is one action step you can take today based on this devotion?

### **Workout**

John 17:17; Romans 10:17

### **Overtime**

“Lord, thank You for Your Word. Help me to be disciplined to read it daily and apply it to my life. Remove any limited beliefs in my mind. I love you! In Jesus name, Amen.”

### **Bible Reference:**

1 John 2:14

John 17:17

Romans 10:17



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