



Speak Life

A 30-Day Journey exploring
the Power of Your Words

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Welcome

Thank you for choosing this 30-Day journey towards speaking life over every aspect of your life.

Words are extremely powerful. They can encourage, comfort, speak life and spur us on to achieve our goals. Hearing 'well done' or 'you're courageous' can motivate us to keep going and push through a difficult time. Being encouraged for being kind and generous often spurs us on even more in those qualities and actions.

Words can also pierce your heart and leave a negative impact. Words spoken harshly or hastily can still affect us years after the incident. In a rash moment of anger or frustration, parents can say something that will affect and change their child's self-esteem and life forever.

Did a parent or teacher ever make a negative remark to you which you can still remember?

Example:

- You are stupid.
- You are ugly.
- You will never amount to anything.

What are some words spoken over you early in your life that come to mind?

How often have you heard these words?

- My feet are killing me!
- You're a pain in the neck.
- I'm sick and tired of this.
- You poor thing.

Maybe you have even said them.

Fast forward a few years, and you have feet in so much pain they are literally 'killing' you and a pain in the neck area that won't go away. You constantly feel sick and tired. Have you seen poverty or a spirit of poverty exhibited through declaring 'you poor thing' over a friend?

Life or death is in the tongue.

The words we say are powerful. Whenever we speak, we are releasing the potential for positive or negative effects into the atmosphere. Our words have the power to create, form and fashion something out of nothing and to change outcomes.

In Genesis 1, God spoke, and the world was created. He has given us the same creative power to create outcomes with the words we speak.

Do you speak life or death?

Isaiah 55:10-11 “As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.”

I find these verses so encouraging, sobering, and a fabulous reminder of the importance of everything I say, whether to others, my self-talk, or in my prayers. Those times when I express my anger or frustration—the words I release into the atmosphere will come true. If I pause and speak kind, life-giving words instead, the change is enormous.

God’s Word does not return empty, and our words don’t either.

In the following 30 days, you will hopefully discover and delight in God's perspective on the use of your words.

The purpose of this workbook is to assist you as you intentionally steward the words you say.

As you read and apply God's Word to your life, allow time to ponder the richness of God's words towards you. Spend time listening to Him so you can hear what He wants to share with you.

The Power of our Self Talk

This workbook also briefly covers self-talk, as the words we speak over ourselves are powerful and life-changing. It can be easy to fall into patterns of self-destruction with negative self-talk when we are under pressure.

When we are little, how we think about ourselves comes from what people in our life tell us about who we are. If we hear 'You're beautiful', we truly believe we are beautiful. When we hear, "You're brave", we become courageous. What we are told about ourselves as kids can become our identity. It affects our thought life. It becomes our self-talk - what we say to ourselves, especially in times of hurt or disappointment.

What we think about ourselves influences everything.

- It becomes what we believe about ourselves. It becomes our identity.
- It affects our behaviour. It affects how we treat others and ourselves.

Unfortunately, along the way, negative words are spoken, usually in moments of frustration, anger, hurt, disappointment, embarrassment. When we say negative things about ourselves, e.g. 'I'm an idiot, I shouldn't have done that', it releases the potential for me to think like an idiot, see myself like an idiot, and become an idiot.

How has self-talk affected your life? Your beliefs about yourself?

What can we do when we have hurt our children or other people with our words:

1. Apologise. Not just say sorry but accept full responsibility.
2. Realise that it takes many more times to say the positive for them to believe it.
3. Lead our kids through a prayer to break all agreement with the lies. You may also need to do this for yourself.

An example of a prayer to pray to deal with negative words spoken over you is:

"In Jesus' name, I break all agreements with lies and negative thoughts, both known and unknown. I also break all agreements with assumptions and perceptions that have come about through believing the lies.

Please forgive me, God, for partnering with those lies.

Father God, is there anything You need me to know at the moment?

Father God, what would you like to give me, show me or tell me in exchange for the lie?"

The Power of Our Words when Praying:

Can I also encourage you to use the power of your words for good when praying? Prayer is a powerful weapon that we have for living a victorious Christian life. Instead of praying like a persistent widow always asking, I have been on a journey of decreeing and declaring that which I believe. I have discovered that a massively effective way of praying is to decree and declare that what is in heaven is done here on earth. For example, "I decree and declare that your back will be completely healed". This carries a lot more authority than praying, "God, can you please heal this person?".

There is a difference between a decree and a declaration.

- A decree is an order, a command, or a prescription.
- A declaration is to announce officially, to proclaim, to make public.

That is why I usually listen to God for what He wants me to pray and then boldly proclaim, "I decree and declare..."

I encourage you to try it and see if there is any difference in the authority that you operate in as you pray when you use this method.

The Power of the Blessing

The words we say carry release weight into the 'atmosphere' and have the potential to come back and affect us again. I am on a journey of becoming more aware of the impact of the words I say and have been challenged with the power of blessing. Blessing my children, blessing our health, blessing our finances. This has resulted in a change in my attitude and overwhelming results in the areas I have been blessing.

The Aaronic Blessing in the Bible from Numbers 6:22-26 is a fantastic example. God spoke to Moses. "Tell Aaron and his sons, this is how you are to bless the Israelites. Say to them: "The Lord bless you and keep you. The Lord make His face shine on you and be gracious to you. The Lord turn his face toward you and give you peace."

I don't believe God would ask Moses to tell Aaron and his sons to say this over the Israelites if there was no power in it. This blessing covers a multitude of areas.

When we ask the Lord to bless us, we ask Him to come as though He was kneeling before us and presenting us with gifts. If someone is 'keeping' you, they are providing for your every need. They are also guarding you with a wall of protection. We are asking the Lord to turn and look at us, shifting His whole being towards us to bring favour, order and beautify us. The Lord will set in place all we need to be whole and complete. To be gracious to us and extend mercy to us is a beautiful attribute. To shine His face upon us means that the opposite (the devil) can't affect us. God giving us peace means that we are in a state of being emotionally secure, not wanting. Forgiven, secure in all ways, all areas.

This blessing carries a significant amount you can pray for yourself, your family and others.

This is not the only prayer you can use to bless yourself or your children. A blessing does not have to be extensive. It can be a few words. Experiment, dream, make up your own specific to you or your children's individual needs. Try it and see the effects for yourself.

Several years ago, we received this blessing in an email to all parents from the Children's Ministry at our church, Stairway. It is a fantastic prayer to pray over yourself and your children.

(Your child's name). I call your spirit to bear witness and agree with the words in 1 John 4:19 "We love because He first loved us". (Your child's name). I bless you to be able to respond and receive the height, depth and width of the Father's great love for you. I bless your ability to grow in affection, desire, hunger and passion for more of God. I pray you will continually walk in the revelation as a child who was loved before the beginning of time. I bless you in the fullness and richness of Jesus Christ.

There are several crucial times when blessing your children seems to be vitally important. These times are usually around transition - birth, schooling, teenage years, adulthood (maturity), career, life partner, marriage, and old age. I love the fact that I can bless my children most nights with a simple blessing.

If there is an area that you or your children are struggling in, make up a blessing about what you want to see happen and say it over yourself/them in a blessing. I encourage you to try blessing yourself and your children with a blessing every night for the next month. Ask your family how they feel when you bless them.

The Speak Life Workbook

The purpose of this workbook is to assist you as you intentionally steward the words you say. To take captive every thought so that life comes out of your mouth when you speak.

In the following 30 days, you will hopefully discover and delight in God's perspective on the use of your words as you intentionally speak life over yourself, your family and others.

As you read and apply God's Word to your life, allow time to ponder the richness of God's words towards you. Spend time listening to Him so you can hear what He wants to share with you.

The daily outline includes:

- A Bible verse to focus your heart and mind on Biblical truth.
- Space to journal your thoughts and feelings concerning the Bible verses. Too often, we can quickly look to see other's perspectives on the Biblical passage and not seek God's truth for ourselves.
- My thoughts and observations on the Bible verse.
- Reflection questions to assist you in digging deeper and applying the Bible verse to your life.
- Space to write a specific application related to the reading.
- Prayer.
- Space to craft your declaration to speak life over yourself that day.

My prayer for you as you journey towards a lifestyle of speaking life is that you will discover the power of your words and bask in the Father's delight as you use your words to speak life, hope, encouragement and purpose over every aspect of your life and others.



Pause and listen

Ask God to highlight any words you may speak over yourself or others that don't bring life.



Forgive

Do you need to forgive yourself or anyone else for any words spoken over your life?



Act

Is there any action you need to take as a result of what has been highlighted to you?



Day 1

Bible Passage

Proverbs 18:21 “The tongue has the power of life and death, and those who love it will eat its fruit.”

My thoughts & feelings

Observations

We can bring life or destruction with the words we say and how we say them.

Self-control is vital so that we are careful with our words and the impact they bring.

Far more critical is the privilege of feeding ourselves on nutritious food – the movies we see, the music we listen to, the books we read. Everything we consume through our senses percolates inside us, influencing us and how we behave and speak.

If we wish to bring life and love this fruit being evident in our life, we will endeavour to steward our lives and that which we consume.

Reflection

How do I steward the words I say?

What changes could I implement so that my words are an overflow of the power of life within me and bring life to others?

Application

What is one action I could take today so that I bring life with the words I speak?

Prayer

Father God, thank you that Your words always bring life. Thank you, Jesus, for the example You set for us when you were on earth and the words You spoke.

Please help me be a bearer of life. Please highlight those times when I am not bringing life so I can learn and change. Please show me the 'food' I consume which does not endear itself to life-giving speech. Lord, I want to be an agent of change in our society. In Jesus' name, Amen.

The declaration I will speak over my life today is:



Day 2

Bible Passage

Psalm 19:14 "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer."

My thoughts & feelings

Observations

Our ultimate desire is communion with Father God, Holy Spirit and Jesus, with our heart motives being pure and acceptable to God. The words we speak flowing out of those heart motives. Our actions and lifestyle being the fruit of our heart and relationship with the Trinity.

Psalm 19 is a powerful portrayal of who God is, His glory and perfection, His character, His righteousness, and His creation.

After focusing on who God is and His attributes, the writer then turns to themselves, with a plea to be forgiven and protected, having the ability to discern hidden sins within them so they remain blameless. The emphasis is on how our words are the overflow of our heart's meditation. Thus, what we meditate on and fill ourselves with, will overflow out our mouths.

It is exciting how the chapter finishes with the Lord being our Rock and our Redeemer. A rock symbolises strength; a redeemer saves. We are not alone on this journey. The Lord desires to be our strength and partner with us in this journey.

Reflection

What am I currently meditating on?

"Jesus, what would You like to say to me about my words and what I focus my heart on?"

Application

What is one action I could take today so that I bring life with the words I speak?

Prayer

Father God, thank you that the heavens declare the glory of You. Thank you that You are all-powerful, yet also desire intimacy with me. Thank you that You are my strength and wish to partner with me on my journey of speaking life and being aware of the power of my words.

Help me, Lord, be aware of the words I speak today and what I allow my heart to focus on.

May the words of my mouth and the meditations of my heart be acceptable to You today. In Jesus' name. Amen.

The declaration I will speak over my life today is:



Day 5

Bible Passage

Isaiah 55:8-11 “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.”

My thoughts & feelings

Observations

God is marvellous. In His wisdom, He has created and ordained amazing principles for our life on this earth to operate within. One of those principles is the law of sowing and reaping. We reap/harvest that which we have sown.

Our words are an example of this. What we say will not return to us empty. Our words will also accomplish that which was desired and intended—what a huge responsibility.

It also a fantastic opportunity. An opportunity to be wise and discerning, and self-controlled. To speak purposefully and create outcomes. What outcomes are you creating today?

Reflection

What words am I releasing into the atmosphere? What outcomes are they creating?

What is something God has put on my heart that I haven't yet seen come to fruition? What could I start declaring for it becomes a reality?

Application

What is one action I could take today so that I bring life with the words I speak?

Prayer

Father God, thank you that in Your wisdom, You created and ordained principles for my life. Thank you that my words have power and create outcomes.

I am sorry for the times I have not brought life with my words. Please forgive me and help me to adjust my language.

Holy Spirit, would You please show me the outcomes You wish me to speak and create? Help me to be a bearer of life. In Jesus' name. Amen.

The declaration I will speak over my life today is:



Day 7

Bible Passage

Matthew 21:21-22 "Jesus replied, "Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. If you believe, you will receive whatever you ask for in prayer."

My thoughts & feelings

Observations

Wow-what a promise from Jesus. If we have faith, we can tell the 'mountains' in our life to move, and they will. How come we do not see this occur frequently? Is it because we don't have the faith or don't speak to the 'mountain' to move? Maybe it is because we are not in an intimate relationship with Father God and immersed in the Bible and asking from a position of knowing God's heart for the 'mountain' in our life?

If we have faith in God and fully trust Him, we can ask Him anything, and it will be done. When we fully trust God and have faith in Him, we align our heart with His, and we ask according to His heart and desires. We are not asking in alignment with sinful desires. 2 Corinthians 10:5 reminds us to take captive every thought to make it obedient to Jesus Christ. Are our thoughts, desires and requests currently in alignment with the Kingdom of God? God will move mountains to establish His Kingdom here on earth. As we spend time with God and realise our identity as a beloved child of Him, our authority also grows.

Reflection

How can I grow in my faith and authority as a child of God so that it moves when I speak to the mountain?

What 'mountain' in my life do I need to speak to so it moves?

"Father God, can you please show me your heart and perspective towards this mountain in my life?"

Application

What is one action I could take today so that I bring life with the words I speak?

Prayer

Jesus, thank you that You said that if we have faith, whatever we ask for in prayer will be done. Jesus, I have faith and now speak to this mountain in my life
and command it to
In Jesus' name. Amen.

The declaration I will speak over my life today is:



Day 15

Bible Passage

Mark 4:35-40 "That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?"

My thoughts & feelings

Observations

A powerful display from Jesus of operating simply and effectively from a place of peace and rest whilst knowing His identity and authority. Jesus was not afraid of the storm. When He was made aware of the storm and its impact on the disciples, He immediately responded. Jesus knew His identity and authority as the Son of God, so He operated out of that.

We, too, are called to operate out of our identity and authority as children of God. We, too, are called to respond to chaos from a place of peace and rest. We, too, are called to speak to adverse weather patterns and command calm. Our words carry weight. They carry authority. They change circumstances. Our role is to operate out of our identity and authority as children of God and bring peace to the chaos and storms around us.

Reflection

What chaos and storm am I currently experiencing that I need to speak to from a place of rest and identity and authority as a child of God?

Do I live from a place of peace and have faith that any storms I speak to will calm down?

Application

What is one action I could take today so that I bring life with the words I speak?

Prayer

Jesus, thank you that You modelled a lifestyle of peace and operating out of authority as a child of God. Thank you that I can follow Your example.

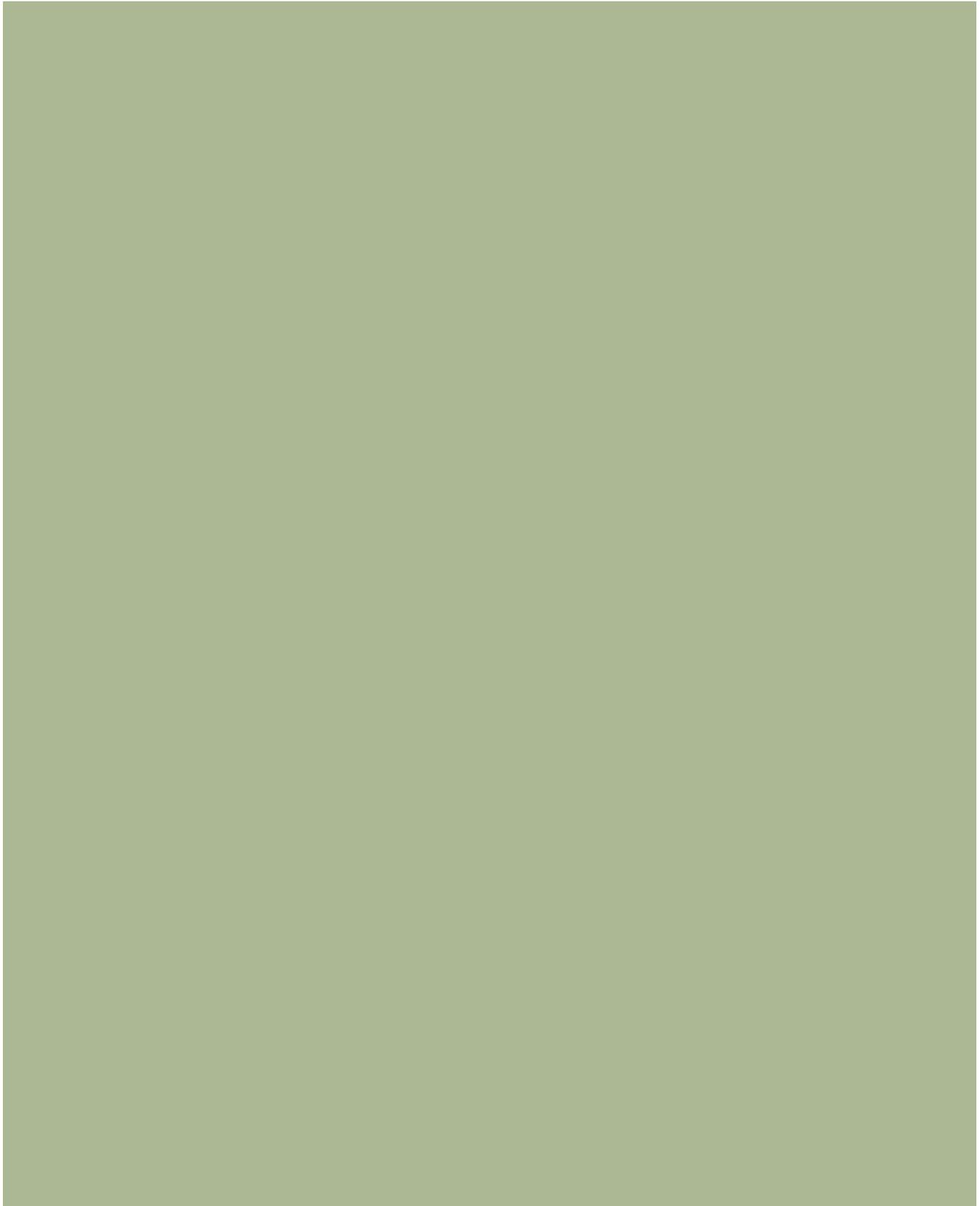
Thank you that when I understand and live from my identity and authority as a child of God, I can speak to the storms and command calm from chaos.

Thank you that I am called to be a storm breaker. In Jesus' name. Amen.

The declaration I will speak over my life today is:

Reflection Page

Below is space to document your thoughts and feelings about your journey of becoming more aware of the power of your words.



Hey! I'm Jane

Living in a beachside suburb of outer Melbourne, Jane cherishes time with her family and friends. She home schools her teenagers, unearthing the gold within them and raising them to be world changers. Speaking words of life is crucial in Jane's life. Jane writes two blogs that both challenge and encourage her readers to fulfil God-given abilities. Seeing others flourish and become whole is Jane's passion.

Jane's breadth of training comes through various seasons of ministry in youth, healing, teaching, and the prophetic. These more formal ministry settings have been enriched and overlaid with her nursing experience - especially her time caring for people in critical care, giving her a rare insight into people struggling with change at their most raw and vulnerable moments in life.

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