

DAILY DEVOTIONAL

Trending: Words / Week 1

<p><i>“Kings take pleasure in honest lips; they value the one who speaks what is right.”</i></p> <p>Proverbs 16:13 NIV</p>	<p>DAY 1</p> <p>Have you ever said something you knew you shouldn't say? Sure, we've all done this before, but have you ever stopped to think about why? What makes us choose our words unwisely? Is it to get someone to like you? To make them think you're awesome? To be included? To hurt someone else? No matter your motivation, it's important to remember this truth: There is value in your words. And that's why using them wisely is so important. Instead of trying to impress or put down others with your words, stop and think about this Proverb. There is value in speaking what is right. So this week, ask God to help you do just that. Ask for His wisdom in choosing your words wisely.</p>
<p><i>“Set a guard over my mouth, Lord; keep watch over the door of my lips.”</i></p> <p>Psalms 141:3 NIV</p>	<p>DAY 2</p> <p>At first glance, this verse probably seems odd. Put a guard over your mouth? A door on your lips? What in the world could that possibly mean? Well, the good news is the Psalmist isn't suggesting you literally cover or guard your mouth. But he is saying that we need to be careful with our words. Sometimes we need to guard our words to protect others from the hurt they might bring. We need to guard our mouths to avoid potential damage. And we can start by thinking before we speak. This week, practice pausing for at least 10 seconds before you speak, giving yourself a chance to think about which words you may need to guard or keep to yourself.</p>
<p><i>“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”</i></p> <p>Colossians 4:6 NIV</p>	<p>DAY 3</p> <p>What if every word you said to anyone was caught on camera? And then, what if those conversations went viral—posted online for everyone to see? Would it be a video you'd want to share? Or would it be one you'd rather not have anyone see? That's how we should think about the conversations we have every day! Because, whether we realize it or not, our words matter. Are you using your words in ways that make you proud? Or are you using them in ways you wish no one would ever know about? If you're not sure, check in with a trusted friend or Small Group Leader. Ask them to help you be accountable to choosing words that you can be proud of this week.</p>

<p><i>“Some people make cutting remarks, but the words of the wise bring healing.”</i></p> <p>Proverbs 12:18 NLT</p>	<p>DAY 4</p> <p>We all know the pain of a wound. We’ve all had a cut, or scrape, or injury to deal with along the way. And because of that, we also know the relief that comes as the wound begins to heal. As this Proverb reminds us, our words have the power to do both. We can cause injury, pain, and wounds in others when we use words that hurt or tear down. But when we choose wise words—words that build others up—we can bring healing to someone else. That certainly shows the power of our words! To help you keep the potential of your words in mind, memorize this verse in Proverbs. Let it encourage you to choose wise words that ultimately bring healing.</p>
<p><i>“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”</i></p> <p>Ephesians 4:32 NIV</p>	<p>DAY 5</p> <p>Unexpected kindness is awesome. Finding out the person ahead of you in line paid for your drink? Awesome! Someone letting you go first in the lunch line so you can have the last cookie? Awesome! Receiving a gift from a friend just because? Awesome! Kindness is incredible, and it’s something we can all show to others through more than just our actions. We can show kindness in our words, too! When we speak words that build others up, that’s kindness. When we offer encouragement, that’s kindness. When we stand up for someone else by calling out words that are hateful or wrong, that’s kindness. And when we show kindness, we’re showing the love of God. Try to practice kindness with the words you say to others this week.</p>
<p><i>“Therefore encourage one another and build each other up, just as in fact you are doing.”</i></p> <p>1 Thessalonians 5:11 NIV</p>	<p>DAY 6</p> <p>Life isn’t always easy. In fact, life can be downright tough sometimes. And in those times, following Jesus can be super hard. That’s why it’s so incredible that God didn’t leave us to do this life all by ourselves. He gave us other people in our lives—friends, family, and church leaders—to help encourage and build us up in difficult times. But have you ever thought that you could play a role in helping do the same for someone else? You have just as much power to build up and encourage others as anyone else does. So, who will you encourage? Who in your life needs to be built up? Text or call that person today and use your words to build them up!</p>
<p><i>“Take control of what I say, O Lord, and guard my lips.”</i></p> <p>Psalms 141:3 NLT</p>	<p>DAY 7</p> <p>As followers of Jesus, we have a responsibility to represent Him well. And when we use words that tear down, hurt, or cause pain to other people, we’re not showing them the true love of Christ. We’re not living as He calls us to live. That’s why memorizing Scripture is so important. It’s a great reminder to keep with us in moments where we’re struggling to live the way Jesus calls us to live. So make an effort this week to memorize this verse. Use your words to do it! Say it out loud three times every day—morning, afternoon, and night—to get in the habit of using your words to do something great!</p>