

Speak Life

Proverbs 18:21 (NIV):

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

Words matter. What we speak over ourselves and others carries weight. Proverbs reminds us that our tongue holds the power of life or death—not just literally, but emotionally, spiritually, and relationally. We can build up or tear down with just a sentence.

What are you speaking over your life today? Are you declaring hope and truth, or repeating fear and defeat? Are you encouraging the people around you, or letting frustration spill out unchecked?

Speaking life isn't about ignoring reality—it's about aligning your words with God's promises. It's choosing to say, “God is with me,” even when the path is uncertain. It's calling out the good in someone, even when they can't see it themselves.

Let's be women who speak life—to ourselves, to our families, to our communities. Let your words be filled with grace, truth, and hope.

Reflection Prompt:

What's one area where you need to change the way you speak—about yourself or someone else?

Prayer:

Lord, help me speak life today. Let my words reflect Your heart. Teach me to encourage, uplift, and align my speech with Your truth. Amen.