# Speaking Words That Build: A Study on Positivity



Explore how to speak words of life and encouragement, fostering growth and positivity through biblical truths.





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#### Introduction

Welcome to a transformative journey on positivity and the power of our words. In this 7-day study, we will dive deep into Scripture, learning how to speak words that build rather than break. Our words have incredible influence—they can inspire hope, bring healing, and promote joy or, conversely, cause pain and division. God calls us to be encouragers and reflect His love in all that we say.

Why focus on positivity? Life is filled with challenges that can tempt us to speak harshly or negatively. Yet the Bible teaches us that words have creative power, mirroring the Creator's own voice. When we align our speech with God's truth, we become vessels of encouragement, faith, and grace, strengthening those around us.

This study will guide you through scriptural insights and practical reflections that reveal the impact of your tongue. From Proverbs' wisdom to the apostle Paul's exhortations, we'll see how God's Word urges us to build others up with kindness, truth, and hope.

Throughout these days, consider how your speech nurtures positivity in your daily life. Reflect on ways you can replace criticism with compassion and skepticism with confidence in God's plans. Embrace this opportunity to renew your mind and heart, cultivating a habit of speaking life-giving words.









# Day 1: Power of Words









Day 1: A The Power of Words

#### Your Verse

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

#### **Supporting Scriptures**

- James 3:5 Likewise, the tongue is a small part of the body, but it makes great boasts.
- Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.







Day 1: A The Power of Words

# Devotional: Harnessing the Lifegiving Power of Your Words

Words carry weight beyond what we often realize. Proverbs 18:21 tells us that the tongue holds the power of life and death. This illustrates the incredible impact our speech can have on our own lives and the lives of others.

Your words can either nourish relationships and spirits or cut deeply and cause harm. James reminds us that even though the tongue is small, it can boast and create big consequences. Therefore, it calls for wisdom and intentionality.

Paul's exhortation in Ephesians is a practical guide—avoid harmful talk and instead focus on words that build and benefit those who hear. Speaking positively is not just about avoiding negativity but actively promoting encouragement, hope, and edification.

This day invites you to reflect on the power you hold when you speak and encourages you to choose words that breathe life and positivity into every encounter.







Day 1: 💁 The Power of Words

## Reflect and Apply

How often do you consider the impact of your words before speaking?
Can you recall a time when words you spoke built someone up or tore someone down?
What might change in your relationships if you consciously chose words hat promote life?







Day 1: 💁 The Power of Words

#### **Journaling Prompts**

1.	Write about a recent conversation where your words had a positive impact.
2.	List three ways you can use your speech to encourage others this week.
3.	Reflect on any negative speech habits you want to change.







Day 1: A The Power of Words

#### Prayer for Today

Lord, help me to recognize the power of my tongue. Teach me to speak words that bring life and encouragement rather than harm. Fill my heart and mind with Your truth so my speech reflects Your love. Help me guard my words carefully and use them to build up those around me. May my tongue be a blessing that inspires hope and kindness every day. *In Jesus' name, Amen.* 



















#### Your Verse

Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs.

#### **Supporting Scriptures**

- Colossians 4:6 Let your conversation be always full of grace, seasoned with salt.
- Psalm 19:14 May the words of my mouth and the meditation of my heart be pleasing in your sight.







#### Devotional: Speaking with Grace to Build Others Up

Building others up is more than just avoiding negativity—it is actively encouraging and uplifting. Paul's letter to the Ephesians reminds us to speak only what benefits listeners, meeting their specific needs with grace and kindness.

Colossians adds dimension by encouraging us to season our conversations with grace—meaning our speech should be flavorful with love, wisdom, and truth. Such words have the power to transform ordinary dialogues into moments of connection and encouragement.

The Psalmist's prayer is instructive: our words should reflect our inner hearts and be pleasing to God. This means that positive speech begins with a renewed heart. When we fix our thoughts on God's goodness, our words naturally become more uplifting and genuine.

Consider how your words can be tailored to build others up uniquely—sometimes encouragement comes in the form of a gentle correction, other times a simple word of affirmation. Words that build honor the listener's needs and reflect God's heart.







## Reflect and Apply

1.	How can you make your speech more conscious of others' needs?
2.	What does it mean to 'season' your words with grace?
3.	How does the state of your heart influence the words you speak?







#### **Journaling Prompts**

1.	Identify people in your life who need edifying words from you.
2.	Describe how your speech might change if you focused on grace in conversation.
3.	Write a prayer asking God to shape your heart and words.







#### **Prayer for Today**

Father, guide my speech so that every word I say builds up rather than tears down. Help me to be attentive to the needs of those I speak to and to respond with kindness and grace. Transform my heart so that my words reflect Your love and truth. Let my conversations be a source of encouragement and healing. Thank You for the power You give to speak life. *In Jesus' name, Amen.* 



















#### Your Verse

James 1:26 - If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself.

#### **Supporting Scriptures**

- Proverbs 21:23 Those who guard their mouths and their tongues keep themselves from calamity.
- Psalm 141:3 Set a guard over my mouth, Lord; keep watch over the door of my lips.







# Devotional: Discipline and Divine Help to Guard Speech

Guarding your tongue requires deliberate effort and spiritual discipline. James warns that self-deception can occur when we claim to be faithful but do not control what we say. Our tongues reveal the condition of our hearts.

Proverbs highlights the protective benefit of controlling speech; it can keep us safe from unnecessary troubles and relational wounds. The act of guarding our words is both a defense and an offense—it protects ourselves and others while advancing peace and understanding.

The Psalmist's prayer for God's protection over his speech acknowledges our human weakness and dependence on divine help. We need God's strength to watch over our lips and help us choose words wisely.

Today invites you to be vigilant about your tongue. Notice when unhelpful or negative words rise and bring them gently under God's control. You are not alone in this struggle; trust God's power to guard your speech and transform your heart.







## Reflect and Apply

1.	What temptations to speak negatively or harshly do you face most often?
2.	How does realizing God's role in protecting your speech encourage you?
3.	What practical steps can you take to keep a tight rein on your tongue?







## **Journaling Prompts**

1.	List scenarios when guarding your words is especially challenging.
2.	Write a prayer asking God to help you control your tongue.
	Record moments when you successfully guarded your speech and the effects.







#### Prayer for Today

Lord, I admit I often struggle to control my tongue. Please set a guard over my mouth and keep watch over my lips. Help me to speak in ways that honor You and bring peace to others. Teach me to pause before I speak and to allow Your wisdom to guide my words. Thank You for Your patience and strength to help me. *In Jesus' name, Amen.* 











# Day 4: "Words of Encouragement









Day 4: F Words of Encouragement

#### Your Verse

1 Thessalonians 5:11 - Therefore encourage one another and build each other up.

#### **Supporting Scriptures**

- Hebrews 10:24–25 Let us consider how we may spur one another on toward love and good deeds.
- Proverbs 16:24 Gracious words are a honeycomb, sweet to the soul and healing to the bones.







Day 4: 7 Words of Encouragement

# Devotional: The Sweetness and Healing of Encouragement

Encouragement is a powerful tool for cultivating positivity in the body of Christ and beyond. Paul's letter to the Thessalonians calls believers to actively build each other up through words and deeds, cultivating an environment of love and support.

Hebrews reminds us that one way we demonstrate love is by inspiring others toward goodness and faithfulness. Our speech serves as motivation, comfort, and strength to those who might be weary or discouraged.

Proverbs beautifully compares gracious words to honey—sweet and healing. This metaphor captures the delight and restoration that encouragement brings to the soul.

Today, seek opportunities to offer words that refresh and uplift others. Intentional encouragement not only blesses others but also transforms your own perspective, filling your heart with compassion and joy.







Day 4: 🍞 Words of Encouragement

## Reflect and Apply

1.	Who in your life needs a word of encouragement right now?
2.	How does encouraging others impact your own heart and faith?
3.	What practical ways can you spur others on toward love and good deeds?







Day 4: 🍞 Words of Encouragement

## **Journaling Prompts**

1.	Write about a time when encouragement deeply affected you.
2.	Plan how to encourage someone intentionally this week.
3.	Reflect on how you feel after giving encouragement to others.







Day 4: 7 Words of Encouragement

#### Prayer for Today

**Thank You, Lord, for the gift of encouraging words.** Help me to be attentive to those who need uplifting and to speak with grace that heals and motivates. May my speech be a source of sweetness and strength, inspiring love and good deeds. Use me as a vessel to build up others in Your name. *In Jesus' name, Amen.* 



















#### Your Verse

Galatians 5:22–23 – But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

#### **Supporting Scriptures**

- Matthew 12:36 Every careless word people speak, they will give account for on the day of judgment.
- Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.







#### Devotional: Letting the Spirit Shape Your Speech

Our words are a reflection of the fruit the Spirit is producing in us. Galatians describes fruit such as love, kindness, and gentleness—virtues that deeply influence how we communicate.

Jesus teaches accountability for our words, underscoring that careless or hurtful speech has serious consequences. This emphasizes the need for the Spirit's guidance in our conversations.

Proverbs reminds us of the power in gentle answers to bring peace rather than conflict. When we rely on the Spirit's fruit, our speech becomes a source of calm and reconciliation.

Pray today for the Spirit to cultivate these fruits in your heart, so your words naturally build up, soothe tensions, and reflect God's loving nature.







## Reflect and Apply

	Which fruit of the Spirit do you find most challenging to display in speech?
2.	How can awareness of accountability change the way you communicate?
3.	Recall a time when a gentle word defused a tense situation.







#### **Journaling Prompts**

Describe how the fruit of the Spirit shows up in your conversations.
Identify areas where you need more spiritual growth for positive speech.
Write a prayer inviting the Spirit to guide your words daily.







#### **Prayer for Today**

Holy Spirit, cultivate Your fruit in my heart and mind. Help me to speak with love, kindness, and self-control so my words reflect Your peace. Teach me to answer gently and be mindful of the impact of my speech. May every word I speak bring glory to God and promote harmony. *In Jesus' name, Amen.* 

















#### Your Verse

Romans 12:12 - Be joyful in hope, patient in affliction, faithful in prayer.

#### **Supporting Scriptures**

- 2 Corinthians 1:3-4 God comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive.
- Isaiah 41:10 Do not fear, for I am with you; do not be dismayed, for I am your God.







#### Devotional: Speaking Hope Amid Hardship

Positivity does not mean ignoring difficulties but faithfully encouraging others amid them. Romans encourages us to remain hopeful and patient, maintaining faith through challenges.

Paul explains that God comforts us so that we can offer the same comfort to others. When we face hardships, our words of encouragement carry the weight of genuine empathy and hope grounded in God's faithfulness.

Isaiah's words remind us that God's presence dispels fear and despair. Invoking such promises in speech brings strength and courage, helping others hold on through their own struggles.

Today, let your words reflect hope and perseverance. Embrace the calling to be a comforting presence, using your speech to uplift those walking through trials.







## Reflect and Apply

1.	How can your words offer comfort to those facing difficulties?
2.	In what ways do encouragement and empathy go hand in hand?
3.	How can you remain joyful and hopeful to inspire others?







## **Journaling Prompts**

1.	Write about a difficult season where encouragement helped you.
2.	List phrases or Scripture you can use to encourage others in trials.
3.	Reflect on how prayer deepens your ability to encourage.







#### Prayer for Today

Gracious God, thank You for being my comfort and hope in difficult times.

Help me to speak words that encourage and uplift those facing challenges. Use my speech as an instrument of Your peace and strength. Teach me patience and faithfulness, so that through me others may encounter Your love and hope. *In Jesus' name, Amen.* 



















#### Your Verse

Colossians 3:16 - Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit.

#### **Supporting Scriptures**

- Proverbs 12:25 Anxiety weighs down the heart, but a kind word cheers it up.
- Philippians 4:8 Finally, brothers and sisters, whatever is true, noble, right, pure, lovely, admirable—think about such things.







#### Devotional: Reflecting Christ in All You Say

**Living positivity means letting Christ's message shape all our communication.** Paul urges the Colossians to teach and encourage one another with wisdom, allowing Christ's truth to richly influence speech.

Proverbs reminds us of the power kind words hold in lifting anxious hearts, showing that positivity can bring real emotional and spiritual relief.

Philippians encourages focusing thoughts on virtuous things, which naturally leads to more life-giving speech. When our minds dwell on goodness, our words reflect that joy and peace.

As we conclude this study, commit to cultivating a lifestyle where your words consistently build, uplift, and reflect God's grace. Let your speech be a testimony of Christ's love and hope to the world.







## Reflect and Apply

1.	In what ways does your speech reflect the message of Christ?
	How can focusing on what is true and lovely transform your conversations?
3.	What habits can help maintain positivity in your daily speech?







#### **Journaling Prompts**

1.	Describe how you have grown in speaking positivity this week.
2.	Set goals for how to keep building others up with your words.
3.	Write a prayer committing your speech to God's influence.







#### **Prayer for Today**

Lord Jesus, let Your message dwell richly in my heart. Shape my words so they reflect Your love, truth, and grace in every conversation. Help me to focus on what is pure and lovely, and to speak words that cheer and build up. May my speech be a constant blessing to others and a reflection of Your presence in my life. *In Your holy name, Amen.* 









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