



# **Day THREE**

# **WORDS HAVE POWER**

## **READ**

Kind words heal and help;  
cutting words wound and maim.  
Proverbs 15:4 MSG

## **THOUGHTS**

Words are so powerful! They have the power to either encourage and be helpful, or the wrong words can cause hurt. Every day, thousands of words come out of our mouths—and we **CHOOSE** the words we will say. Once our words are out of our mouths, we can't take them back!

You always have a choice in the words you use! When you're angry, you might be quick to say something cutting or hurtful. But even when you feel like saying something negative or unhelpful, you have a choice to act on that, or to instead say words that build one another up!

## **PRAYER**

God, thank you for giving me the choice in the words that I use every day.  
Help me to use my words for good & to help others! Amen.

