

THE MIRROR

THIS WEEK'S REFLECTION CHALLENGE

Meditate on James 3:10 throughout the week:

“From the same mouth come blessing and cursing. My brothers, these things ought not to be so.”

— **James 3:10**

Take a few moments each morning to read this verse and ask God:

“Do my words reflect You?”

Then, at the end of each day, pause and reflect on these questions:

- *Where did I speak life today?*
- *Where did my words bring encouragement, peace, or healing?*
- *Where did my words cause hurt, tension, or damage?*
- *What conversations became an opportunity for growth?*
- *Where did I choose grace instead of frustration?*
- *What was happening inside of me when I said those things?*

Pay attention to your words this week. Ask God to examine your heart, recognize every conversation as an opportunity to grow, and let Him teach you how to use your voice to bring life.

