



Speak Life

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Summary

For the next 21 days we are going to be focusing on what we say (Proclamations) and how we say it (Pronunciations) because the words we speak, AND when, where, why and how we speak them, are literally a matter of life and death. **Proverbs 13:3 NASB** - The one who guards his mouth preserves his life; the one who opens wide his lips comes to ruin.

I. The power of your words

A. The objective of this 21-day Daniel Fast is to achieve both a spiritual and natural detox.

- **PP:** Detox= A process or period of time in which one abstains from or rids the body of toxic or unhealthy substances; detoxification.

2 Corinthians 7:1 KJV - [1] Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

REFUSE TO KILL YOURSELF WITH YOUR OWN WORDS.

Matthew 15:18-20 KJV

[18] But those things which proceed out of the mouth come forth from the heart; and they defile the man. 19] For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: [20] These are the things which defile a man:

- **PP:** BE CAREFUL WHO YOU GIVE YOUR EAR TO, BECAUSE WHOMEVER YOU GIVE YOUR EAR TO, YOU ARE GIVING YOUR HEART TO.

Luke 6:45 KJV - [45] A good man out of the good treasure of his (heart) bringeth forth that which is good; and an evil man out of the evil treasure of his (heart) bringeth forth that which is evil: for of the abundance of the (heart) his mouth speaketh.

- **PP:** A person with a toxic spirit cannot produce positive words.
- **PP:** Don't ever underestimate the power of your words.

Romans 8:2 KJV - [2] For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

- **PP:** Take control of your life by taking control of your tongue.

II. WHAT DOES IT MEAN TO SPEAK LIFE?

A. To speak in agreement with the Word of God.

Job 22:21-22,28 KJV - [21] Acquaint now thyself with him, and be at peace: thereby good shall come unto thee. 22] Receive, I pray thee, the law from his mouth, and lay up his words in thine heart. 28] Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

B. To speak faith-filled words

Mark 5:35-37 KJV - [35] While he yet spake, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further? 36] (As soon as) Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. 37] And he suffered no man to follow him, save Peter, and James, and John the brother of James.

C. To separate yourself from anyone who is speaking anything other than life.

Some of you who live off being the life of the party and have to be surrounded by a bunch of people to constantly affirm you and tell you how great you are don't recognize that your crowd is killing you. Something about the spirit of this person or persons who were in such a hurry to run tell Jairus that his daughter was dead was OFF!!! Something is wrong with you when you have some distorted need to always be the first one to tell bad news. Something is wrong with your heart.

D. To speak words that build, words that encourage, words that edify and words that reaffirm God's will and purpose for your life and others.

Ephesians 4:29 NIV - Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.