

James 1:19 Sometimes, we just need to be quiet!

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Proverbs 17:28

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Psalms 19: 14

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Hebrews 13:5

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**PRACTICE** speaking in a way that my words will encourage, edify, inspire, comfort, heal and bring life. Consistent practice - makes better and better.

If what flows out of our heart is what we allow to go in there in the first place, make conscious decision about what I allow to come into my heart?

Practice positive self-talk. Focus on the good things you are currently experiencing, on the blessings of life. Dwell on those, don't let the negative set you back.

#### OUR CHILDREN-

The things we say to our children are especially important. We become their inner voice!

This was SOO hard for me, I had a lot of praying and forgiveness to ask of God! If I'm honest, sometimes it's so hard to always be positive and speak Spirit-filled. It is so difficult raising Godly children! Because, I myself am so imperfect and have so many flaws!

BLESS, BLESS and BLESS your child with positive talk and Scripture.

Hebrew 4:12

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Instead of saying, "How is he going to stay pure in this corrupt world?", our prayers should sound something like, "Jesus, He is your child, I stand on your word and bless my child to stay pure at heart because the word of God is ACTIVE and I speak it over him."

Blessings of health over our children, wisdom, obedience, etc. Quoting Scripture of blessings over them. You get the point. They hear these positive words and their mind, body and soul responds to it.

#### OUR SPOUSE-

What are we saying over their lives? Are we then surprised by the things he/she does or say? Does blessing come out of my heart for him or am I constantly nagging and find his faults?