

VERSE ON YOUR HEART CHALLENGE

Imagine a time when you got upset by someone or a situation going on... What did you do? How did you react? Did you say something not so nice? Did you react in a negative way? I know sometimes I would get like this and I have to ask the Lord to control my tongue from going crazy. When I was younger I had such a short temper that I would often act before I thought or speak without even thinking of the impact my words or actions would have on the person that my anger was aimed towards. This could even apply when other emotions arise besides anger... sadness, excitement, stress, etc...

Words are so much more impactful than we realize. Even the Bible depicts the impact that our words can have... "Words kill, words give life; they're either poison or fruit—you choose." (Proverbs 18:21 MSG) . The words we speak over others and even ourselves can affect how we walk through daily life. The words that can have the most damage are those that we don't think about and just blurt out when our emotions are high. I have personally witnessed and experienced the impact that both negative and positive words have.

What is so awesome and cool is that God has given us a whole book of scripture to use as our weapon as we walk through life. "..., and take the sword of the Spirit, which is the word of God. " (Ephesians 6:17 NLT) If our words have as much of an impact as we say, then imagine how much power arises when we are to speak God's word. It's our sword, our weapon for life. The next time you get angry, speak God's word. The next time you are sad, speak God's word. The next time you are excited, speak God's word. The next time you are stressed, speak God's word. The next time you are confused, speak God's word. God's word is the fix to every situation and emotion in life.

Even if you can't think of scripture in the moment, all you have to say is "Jesus". The other week I had been having nightmares that caused my thoughts to run a mile per minute and the enemy was absolutely tormenting my mind and I just got so overwhelmed and exhausted mentally and emotionally. Before I went to bed I just kept saying Jesus in my head over and over again. By just saying the name of "Jesus", I was able to calm my mind and have a peaceful nights sleep without anymore nightmares that night.

The next time you want to speak or act before you think, just speak scripture over yourself or think about the scripture, or just say "Jesus". Next time you are feeling a certain way, go to scripture or say "Jesus". Something I heard recently is that we should write scripture on our heart so that we have it at the time that we need it or to even have ready for when someone else needs it.

My challenge to you... Find a verse or passage of scripture over this next week to memorize and keep on your heart for when you need it. Any verse that means something to you to remember God's faithfulness and promises. If anyone is new to Jesus or needs help finding a scripture, the verse I will be challenging myself to memorize is Psalm 91, I can include this below and a few other scriptures that I find helpful to keep on your heart.

BIBLE VERSES:

PSALMS 91:1-2

'THOSE WHO LIVE IN THE SHELTER OF THE MOST HIGH WILL FIND REST IN THE SHADOW OF THE ALMIGHTY. THIS I DECLARE ABOUT THE LORD : HE ALONE IS MY REFUGE, MY PLACE OF SAFETY; HE IS MY GOD, AND I TRUST HIM. '

ISAIAH 41:10 NLT

'DON'T BE AFRAID, FOR I AM WITH YOU. DON'T BE DISCOURAGED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU AND HELP YOU. I WILL HOLD YOU UP WITH MY VICTORIOUS RIGHT HAND. '

PHILIPPIANS 4:6

'DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, AND THANK HIM FOR ALL HE HAS DONE. '

PSALMS 16:11

'YOU WILL SHOW ME THE WAY OF LIFE, GRANTING ME THE JOY OF YOUR PRESENCE AND THE PLEASURES OF LIVING WITH YOU FOREVER.'