

# WATCH YOUR WORDS

What anxieties are you currently carrying?  
Share them with us and the Lord right now.

Our words can speak life and death.  
When was the last time you spoke life?  
What words of life have been spoken over you?

Have you experienced the result of your words or  
someone else's words bringing death (Proverbs 18:21).  
What was that like? Invite Jesus to speak truth  
and life instead.

Do you tend to "spin" in your mind like Beth  
explains? How could your life change if  
you learned to manage your mind?