

Speak Life: From Mouth to Miracle

Week 3: Speak Life Over Yourself

Scripture: *Psalm 19:14* – “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.”

1. Silence the Inner _____.

Scripture: Psalm 19:14

- Most of the _____ we believe were spoken by us—in our own head.
- The inner critic says “You’re not enough.” God says “I’ve made you more than _____.”
- If God wouldn’t say it about you, why do you keep _____ it?

2. Speak _____ in the Face of _____.

Scripture: Proverbs 24:16 – “The righteous fall seven times, but rise again...”

- Faith doesn’t deny failure—it declares God is _____ than failure.
- Your words can either _____ your past or release your future.
- David encouraged himself in the _____ (1 Samuel 30:6).

3. Proclaim Who _____ Says You Are.

Scripture: *Ephesians 2:10* – “We are His workmanship...”

- Stop repeating what people _____ you—start declaring who God created you to be.
- You are not your past, your pain, or your performance—you are God’s _____.
- Your identity is not based on _____—it’s rooted in Scripture.

R.A.P. Challenge

Reflect: What negative things have I spoken over myself that don’t align with God’s Word?

Act: Write and declare 3 identity-based Scriptures daily (e.g., “I am fearfully and wonderfully made”).

Pray: “Lord, teach me to speak life over myself. Help me see myself as You see me, and silence every voice that contradicts Your truth.”