

## The Power of the Tongue (Spoken Words)

*Lulu Tira*

“JESUS loves me.” These are the words , my seminary schoolmate who was experiencing depression, herself for over fifty times, as prescribed by her psychologist every time she went for therapy. Why such prescription? Because there is power when we speak. There is power of the tongue.

Proverbs 18:21 says; “ Life and death are in the power of the tongue. ” We either speak life or death to the one who hears it whether to ourselves or to others. Words of Life are words that build, pleasant to the one who hears it; while words of death are words that destroy. It makes one sick . The tongue has power to delight and to inspire. It has also the power to instruct and direct towards the right or the wrong path. The tongue likewise has the power to destroy. Every negative and harsh words become a curse in the spiritual world. It can cause a tiny spark that can create a whole forest fire. When this happens the good destiny planned by God for us is obstructed and not fulfilled. Saying something is declaring words that either help us to advance or hinder our advancement and become stagnant and powerless .

Job 22:28 says; “Decree a thing and it will be done and the light shall shine upon your ways.” Your decisions will be carried out and light will shine on your ways.”

I practice this principle daily and experience what I speak. Illustration: Instead of speaking about how I feel, for example, feeling sick, I will not say, “I feel I am getting sick” but instead, I will declare “I am healthy today, I am not sick. God wants me to be healthy,”

We humans live in two realms, the physical and the spiritual realms. If you are in pain, you feel more pain, when you speak out your pain. Because you are telling your brain that you are in pain and so it transmit to the whole body, therefore, that will respond in pain. But if you speak life by speaking “Thank you Lord for subduing the pain, for increasing my endurance, I am healed through the stripes of Jesus. In Jesus name I rebuke this arthritis.” Then the pain will be eased and endured.

By this, you are not only speaking to yourself (but speaking to the spiritual realm); when speaking life or God’s Words, God and His kingdom helpers like the angels will move to cooperate with you but if you speak negatively you are speaking to the kingdom of Satan and his principalities to do what is being spoken. We should not allow the enemy to use us to curse ourselves and others by allowing him to use our tongue.

That is why even King David have to speak to his

soul to praise the Lord. Thanking and praising the Lord brings you to the throne of God where the celestial spirits move in God’s will. We need faith to speak positively.

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I have not only studied these principles but experienced it every day of my life. Instead of speaking negative words I am learning to speak and declare Gods words in my life and to others; I speak blessing instead of curse. One time a friend asked me, How are you Lulu? I answered, “Oh here I am getting old ” and she rebuked me with love. She told me, “It’s being known that we all get old but confess Gods words with regards to getting old which says; “My youth is renewed like eagle’s.” (Isaiah 40:31) John 12:49 says: “For I have not spoken of myself but the Father who sent me, He gave me a commandment what I should and what should I speak ” . Whatsoever I speak, therefore, even as the Father said unto me, I speak.”

In Mark 4:39, over a raging storm, Jesus arose and rebuked the wind and said unto the sea, “Peace be still. ” And the wind ceased and there was a great calm. When we are doing a lot of traveling especially flying and we passed through air pockets and turbulence I would speak to the problem saying “Peace be still” and thank God we were relieved, We are assured to have this kind of results because the Father had given us Words to speak.

Our words when spoken must come from the word

of God. That is why it is important to study the word of God. One can know the Bible by personally studying the Word of God or join Bible study weekly, so you will know what to say.

Ephesians 5:29 "Do not let unwholesome talk come out of your mouths but only what is helpful for building others (and yourself) up according to their needs that it may benefit those who listen." We should not ridicule, speak lies and harsh words, mock, deny truth, confuse or speak ill words in anyway, words that do not edify and minister to others. We should not gossip, complain, criticize or use worthless words for by we will be judged for every idle words we speak. We should speak positive words like words of encouragement, praise and love that build others and even ourselves.

James 3:1-12 and Proverbs 18:20-21 focuses on the immense power and destructive potential of words which can build or tear down, bring life or death and reflect the spiritual state of the speaker's heart. Do not speak negative feelings, rather have an antidote for it like for a seemingly bad day you say; " I declare this is the day that the Lord had made. I will rejoice and be glad in it. When you do not know what to do- "I declare I have the mind of Christ. The Holy Spirit will direct me." When you have a problem- say "Be still my soul and know that He is God. He is sovereign "

Three decades ago my father in law said to my young son that he will be a pastor. Today he is pastoring a church. Seven years ago, somebody told

me, You will write a book. Two years after, my book was published. Those words became a blessing that empower me to follow Gods plan in my life. Speak out blessings, say you are blessed, you are loved etc. Speak God's promises. Speak good dreams in line with Gods will. In conclusion, the tongue has power. Be careful of what you say. If you want to be blessed speak life to yourself, to your spouse, children to your government to others etc. Speaking love motivates actions.. Do not speak death to yourself and to others especially in speaking to God. Give Him the due reverence, praise and thanksgiving!



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