

28 Scripture Vitamins

The Power of Your Words

Blog: The Power of Words: 6 Steps to Break the Habit of Negative Words
Source: 215 Ministry

Hello, beloved,

You are embarking on a wonderful journey of the awareness of the power of words in your life. Words that you listen to but more specifically, words that you speak, whether you're speaking to others or about yourself.

This collection of 28 Scripture Vitamins was chosen to remind you of the power of words. God's Word is Truth and seeing His words as constant daily reminders will help you realize how powerful your words are.

Print out the next two pages, double sided on card stock if you have it, then, at 5 1/2 inches, cut the sheet in half. Each card is now reversible with two weeks per card. Keep them handy on your fridge, your bathroom mirror or wherever you can see it as you work through these daily Scripture vitamins.

Take these vitamins over the next 28 days and ask God to help you gain control over your words so that they be words that edify and not tear down. Meditate on these verses, keep them uppermost in your mind to help you renew your thinking and break the habit of negative words.

You can do this! We both can as I'm taking this challenge with you!

Blessings,



28 Days of Scripture Vitamins	
Day	Week 1
1	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.
2	Ephesians 4:29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.
3	James 1:19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;
4	Matthew 12:37 For by your words you will be justified, and by your words you will be condemned.”
5	Colossians 3:17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
6	Proverbs 16:24 Gracious words are like a honeycomb, sweetness to the soul and health to the body.
7	Colossians 3:8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

28 Days of Scripture Vitamins	
Day	Week 3
15	Proverbs 12:18 There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.
16	Proverbs 15:1 A soft answer turns away wrath, but a harsh word stirs up anger.
17	James 3:9-10 With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers, these things ought not to be so.
18	Proverbs 13:3 Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin.
19	Proverbs 15:4 A gentle tongue is a tree of life, but perverseness in it breaks the spirit.
20	James 3:2 For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body.
21	Ecclesiastes 10:12 The words of a wise man's mouth win him favor, but the lips of a fool consume him.

28 Days of Scripture Vitamins	
Day	Week 2
8	1 Corinthians 10:31 So, whether you eat or drink, or whatever you do, do all to the glory of God.
9	Proverbs 25:11 A word fitly spoken is like apples of gold in a setting of silver.
10	Proverbs 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruits.
11	Ephesians 5:4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.
12	Hebrews 4:12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.
13	Proverbs 10:19 When words are many, transgression is not lacking, but whoever restrains his lips is prudent.
14	Colossians 4:6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

28 Days of Scripture Vitamins	
Day	Week 4
22	James 1:26 If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.
23	2 Timothy 2:14 Remind them of these things, and charge them before God not to quarrel about words, which does no good, but only ruins the hearers.
24	James 1:22 But be doers of the word, and not hearers only, deceiving yourselves.
25	Proverbs 21:23 Whoever keeps his mouth and his tongue keeps himself out of trouble.
26	Luke 6:45 The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.
27	Proverbs 11:12 Whoever belittles his neighbor lacks sense, but a man of understanding remains silent.
28	Proverbs 17:9 Whoever covers an offense seeks love, but he who repeats a matter separates close friends.