



'TRAIN YOUR BRAIN'

OUR WORDS

Part 1 of 3



24-7 PRAYER FOR REVIVAL 30 SEPTEMBER – 6 OCTOBER 2024

And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. (Philippians 4:7-8).

Consider dedicating your tongue to the Lord daily. With praise, offer your words of the day ahead to Him. In this first of a 3-part series, 'Train your Brain', we pray for a disciplined tongue in our daily dealings with people and to glorify God with our words.

MONDAY 30 SEPTEMBER 2024 THE WAY GOD INTENDED

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath. (James 1:19).

Scripture tells us that what comes from the mouth proceeds from the heart (Matthew 15:10-20). How can you become a person who is wise with your words and use them as God intended?

Let us pray

- Ask the Holy Spirit to renew your words, as He is the One who has the transforming power to renew your heart and your words.
- Ask the Lord for perseverance to wait on Him to put His words in your mouth. *For it is not you who speak, but the Spirit of your Father who speaks in you. (Matthew 10:20).*

Simple Prayer

Holy Spirit, may the words of my mouth reflect the Father's heart.

TUESDAY 1 OCTOBER 2024

WHOLESOME

A word fitly spoken is like apples of gold in settings of silver. (Proverbs 25:11).

Our wholesome words should promote the well-being of others. We should first pray about *when* we should share our ideas, inspiration, requests, or constructive criticism, before we do so.

Let us pray

- Pray for your mind to be renewed daily by reading and praying the Word of God so that your words may benefit those who listen.
- Ask the Lord for words that will build others up according to their needs, that will be sensitive to their circumstances and promote their growth in godly wisdom (wisdom from the heart of God). Also, ask God to guide you to speak words that will honour Him and accomplish His purposes.

Simple Prayer

Holy Spirit, guide me on what to say and when to speak.

WEDNESDAY 2 OCTOBER 2024

GRACE

Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one. (Colossians 4:6).

Scripture says there is a type of word that sounds gracious but hides hatred, folly and sin (Proverbs 26:25). Our words should always minister the grace of God to others.

Let us pray

- Pray for your words to be appropriate for the circumstance and to give grace to those who hear you. Ask the Lord to set a guard over your mouth and keep watch over the door of your lips (Psalm 141:3).
- Ask the Lord for sincere words of grace that promote teaching His Word to people who thirst and hunger for God.

Simple Prayer

Holy Spirit, give me words of grace that do not compromise Your Word.

THURSDAY 3 OCTOBER 2024

WORD-SATURATED

Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (Colossians 3:16).

The only way our words will be pleasing to God is when we read and pray the Word of God until it is engraved on our hearts.

Let us pray

- Ask the Lord that your words will be salted from within by the Word of God dwelling in you richly (Colossians 3:16), saturating your heart so that well-seasoned words overflow from your mouth (Luke 6:45).
- Pray for Word-saturated conversations every chance you get with your family members, neighbours, colleagues, etc. – giving God all the glory.

Simple prayer

Holy Spirit, saturate my heart with Your Word.

FRIDAY 4 OCTOBER 2024

COMFORT

...that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. (2 Corinthians 1:3-4).

Consider comforting people by naturally turning conversations about everyday frustrations and trials to God's goodness, sovereignty and love, and to our sinfulness, need for a Helper and Jesus' rescuing grace.

Let us pray

- Pray for a person after he/she shares some bad news with you. Pray for him/her to set the Lord continually before them for He is at their right hand and they will not be shaken (Psalm 16:8).
- Ask the Lord to help you guard your mouth and tongue (Proverbs 21:23), using words that honour God and comfort people you minister to (Colossians 3:8).

Simple Prayer

Let Your steadfast love comfort me.

SATURDAY 5 OCTOBER 2024

PURE

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. (Ephesians 4:29).

Give reverent honour in your heart to God and treat Him as the Holy One. If anyone asks about the hope living within you, always be ready to explain your faith. Think about the effect the soundness of your speech has on your witness for Christ.

Let us pray

- Ask the Lord that your words will be truthful, accurate, pure, healthy, graceful, timely and presented lovingly, enhancing the reputation of Jesus Christ.
- Pray that your words will speak the truth of His Word and not the words people want to hear.

Simple Prayer

Lord may my words be pleasing to You.

SUNDAY 6 OCTOBER 2024

RESPECT

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. (Philippians 2:3).

Words have power. Words matter. King David's prayer was for the words of his mouth to be "acceptable" in the sight of God (Psalm 19:14).

Let us pray

- Ask the Lord to help you cultivate respect for others in your innermost being so that you can love all people with brotherly love and honour them.
- Pray for a heart of reverence and honour for God that will contribute powerfully to your testimony.

Simple Prayer

Jesus, I need Your gentle and humble heart.
