

UR ΣMPOWERED

UR ΣMPOWERED TO SPEAK UP

Proverbs 18:21 (NIV 1984)

The tongue has the power of life and death, and those who love it will eat its fruit.

Matthew 5:13-16

“You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. ¹⁴ You are the light of the world—like a city on a hilltop that cannot be hidden. ¹⁵ No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. ¹⁶ In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

SPEAKING UP means using our voice to plant seeds, encourage, strengthen, comfort, call forth greatness, unlock potential, and launch new possibilities!

KEYS TO SPEAKING UP

1. Speak Blessing

Ephesians 1:3-4

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴ even as he chose us in him before the foundation of the world, that we should be holy and blameless before him.

Matthew 16:19

And I will give you the keys of the Kingdom of Heaven. Whatever you forbid on earth will be forbidden in heaven, and whatever you permit on earth will be permitted in heaven.

2. Speak Encouragement

Hebrews 10:23-25

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. ²⁴ Let us think of ways to motivate one another to acts of love and good works. ²⁵ And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

3. Speak Truth – In Love

John 1:14-17

So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son. ¹⁵ John testified about him when he shouted to the crowds, "This is the one I was talking about when I said, 'Someone is coming after me who is far greater than I am, for he existed long before me.'" ¹⁶ From his abundance we have all received one gracious blessing after another. ¹⁷ For the law was given through Moses, but God's unfailing love and faithfulness came through Jesus Christ.

4. Speak Declarations

- I declare over my marriage that what God has put together no man will tear apart! (Mark 10:9)
- I declare over my latter years that God satisfies me with good so that my youth is renewed like the eagle's! (Psalm 103:5)
- I declare over my insecurity that I am a child of God, a masterpiece of his creation! (Ephesians 1:5)
- I declare over my children that God has plans to prosper them and not to harm them! (Jeremiah 29:11)
- I declare over my sickness that God breaks genetic inequities and heals all diseases! (Psalm 103:3)
- I declare God saves my life from the pit, and crowns me with his love and mercy! (Psalm 103:4)

- When I am feeling overwhelmed and attacked, I declare the Lord works good and justice for me! (Psalm 103:6)
- I declare that I am an adopted son/daughter of the most high God! (Ephesians 1:5)
- I declare that I am sealed by the power of Holy Spirit! (Ephesians 1:13)
- I declare that I am redeemed fully by Christ! (Ephesians 1:7)
- I declare that I am empowered to bear fruit in every good work and increase in the knowledge of God! (Colossians 1:10)
- I declare that I am being strengthened with all power, according to his glorious might, for all endurance and patience with joy! (Colossians 1:11)
- I declare that I am qualified to share in the inheritance of the saints! (Colossians 1:12)
- I declare that I have been delivered from the domain of darkness and transferred to God's kingdom! (Colossians 1:13-14)
- I declare that no weapon formed against me will prosper! (Isaiah 54:17)
- I declare that God is working all things to my good! (Romans 8:28)