

ROOTED: THE ENERGY YOUR MOUTH BRINGS

5-Day Devotional • Day 1

SMALL THINGS, BIG IMPACT

It's not always wise to estimate the strength of something by its size.

Have you ever noticed how the smallest things can have the biggest impact? A tiny spark can ignite a forest fire. A single seed can grow into a mighty oak tree. And our words—those seemingly small sounds that roll off our tongues—carry incredible power to shape entire worlds. In our digital age, we toss words around carelessly through texts, posts, and conversations. We treat them like confetti at a celebration, scattered without much thought. But what if we understood that each word carries the weight of a grenade? What if we realized that our casual comments and quick responses have the power to build up or tear down the people around us? Every day, we make choices with our words. We can speak life into someone's dreams or crush their spirit with criticism. We can offer hope in dark moments or add to someone's despair. The construction crew analogy is powerful—two crews with identical tools can either build a beautiful home or demolish one completely. By the end of the day, one site holds potential while the other contains only debris. The beautiful truth is that we get to choose which crew we want to be on. We can frame lives with encouragement, truth, and kindness, or we can flatten them with harsh words and judgment. The power is literally in our hands, or rather, on our tongues. Today, let's begin to see our words for what they truly are: powerful tools that can shape the world around us for good or for harm.

PROVERBS 18:20

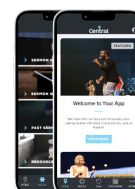
*Death and life are in the power of the tongue,
and those who love it will eat its fruits.*

PRAYER

Lord, help me to recognize the incredible power You've placed in my words. Give me wisdom to see that my speech is not just casual conversation, but a tool that can build up or tear down. Help me choose to be a builder today. Amen.

REFLECTION QUESTION

Think about a time when someone's words significantly impacted your life - either positively or negatively. How did those words shape your world, and what does this teach you about the power of your own speech?



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THE FRUIT WE EAT

The words that we use will actually serve as seeds to plant the life that grows up around us.

There's a fascinating principle woven into the fabric of life: we don't just impact others with our words, we also eat the fruit of what we speak. When we consistently choose certain types of words, we're actually planting seeds that will grow up around us and shape our own experience. Think about it this way, if you plant apple seeds, you'll eventually have apples to eat. If you plant weeds, you'll be surrounded by weeds. Our words work the same way. When we speak anger repeatedly, we shouldn't be surprised when bitterness grows in our hearts and relationships. When we choose criticism as our default language, we'll find ourselves living in a world that feels harsh and judgmental. But here's the encouraging flip side: when we speak hope, we cultivate hopefulness in our own lives. When we choose kindness, we grow kindness around us. When we offer encouragement, we create an encouraging environment that we get to live in too. This isn't just positive thinking - it's a biblical principle that reflects how God designed relationships and community to work. Our words don't just fly out into the void; they create the atmosphere we breathe every day. The beautiful news is that we're not victims of this process. We have agency. We get to choose what kind of garden we want to live in by choosing what kind of seeds we plant with our words. What fruit do you want to be eating in your relationships, your home, your workplace?

PROVERBS 13:3

*Whoever guards his mouth preserves his life;
he who opens wide his lips comes to ruin..*

PRAYER

Father, thank You for giving me agency over my words. Help me to be intentional about the seeds I'm planting with my speech. I want to cultivate hope, kindness, and encouragement in my life and relationships. Show me where I need to change. Amen.

REFLECTION QUESTION

Looking at your current relationships and environment, what kind of 'fruit' are you eating from your words? What changes might you need to make in your speech to cultivate the kind of life you want to live?

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5-Day Devotional • Day 3

STANDING GUARD

Our words need to meet the needs of the people around us, and it should benefit those who listen.

Imagine you're a security guard at the most important building in your city. You wouldn't let just anyone walk through the doors, would you? You'd check credentials, ask questions, and make sure each person had a legitimate reason to enter. This is exactly the kind of vigilance we need with our words. Standing guard over our lips means becoming intentional about what we allow to come out of our mouths. Before we speak, we can ask ourselves three simple questions: Is this timely? Is this truthful? Will this build up the person hearing it? Timely doesn't just mean "right now"—it means appropriate for the moment and the person. Sometimes truth needs to be shared, but maybe not in front of a crowd or when someone is already hurting. Truthful means we're not exaggerating, gossiping, or sharing things that aren't ours to share. And building up means our words should benefit the listener, not just make us feel better about ourselves. Here's a challenging thought: how much time do we spend thinking about words that will benefit ourselves versus words that will benefit others? Often we're crafting responses to defend ourselves or prove our point, rather than considering what the other person actually needs to hear. When we stand guard over our words, we're not being fake or suppressing our personality. We're being wise. We're recognizing that our words have power, and with power comes responsibility.

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.

PRAYER

Lord, help me to be a faithful guard over my words. Give me wisdom to know when to speak and when to remain silent. Let my words be timely, truthful, and building up to those who hear them. Help me think of others before myself. Amen.

REFLECTION QUESTION

Which of the three questions (Is it timely? Is it truthful? Will it build up?) do you struggle with most, and what practical steps can you take to improve in that area?

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OWNING THE EVIDENCE

If you're the person who walks into a room and there always seems to be an angstiness or an argument when you enter the room, maybe it's you, not them..

One of the hardest things to do is look honestly at the evidence of our words and take ownership without making excuses. It's much easier to blame others, justify our reactions, or minimize the impact of what we've said. But wisdom calls us to something different—it calls us to own the truth about our speech patterns. Here's a sobering question: If someone subpoenaed your group chat messages, your dinner table conversations, or your social media posts, would your words read like an orchard of life or a junkyard of death? That's not meant to shame you, but to help you get honest about where you are so you can move toward where you want to be. Maybe you're the person who walks into a room and there always seems to be tension or arguments. Maybe your family members get quiet when you start talking. Maybe your friends have stopped sharing their dreams with you. These could be signs that your words are having a different impact than you intended. The good news is that owning the evidence isn't the end of the story—it's the beginning of change. When we stop making excuses and start taking responsibility, we create space for growth. We can acknowledge that we want our words to bring life, even though our tongue naturally sways toward death. Remember, you're not defined by your past words. You're empowered to choose different words moving forward. Ownership isn't about condemnation; it's about freedom to change.

PROVERBS 21:23

*Whoever keeps his mouth and his tongue
keeps himself out of trouble.*

PRAYER

God, give me courage to honestly examine the evidence of my words. Help me to own my mistakes without making excuses, and give me hope that change is possible. I want my words to reflect Your heart. Amen.

REFLECTION QUESTION

What evidence in your relationships or environment might be showing you the true impact of your words? What would it look like to own this evidence without making excuses?

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STAYING CONNECTED TO THE SOURCE

No human power can control the tongue, but through the spirit of Jesus, we have access to a power that is greater than our tongues.

Here's the honest truth: no human power can control the tongue. We can try our best, make resolutions, and use all our willpower, but our tongues have a mind of their own. They're like wild horses that resist being tamed. But here's the beautiful hope - through the Spirit of Jesus, we have access to a power that is greater than our tongues. The same power that raised Jesus from the dead lives in us if we belong to Him. This isn't just theological theory; it's practical reality for our daily conversations. When we stay connected to Jesus through prayer, His Word, and surrender, His Spirit can help us speak words of life even when our natural tendency is toward death. Jesus spoke the most gracious word that had ever been heard—a word that shaped the world for every child of God to come. That word was “It is finished.” In that moment, He spoke life over death, hope over despair, and grace over judgment. And that same Spirit lives in us. You won't get this right with every word that spills from your mouth, but you can get it right and rise again. You can fall down and rise again. The goal isn't perfection; it's connection to the One who can transform our hearts and, through them, our words. Every morning, we get to choose: life or death, blessing or cursing, building up or tearing down. And every morning, we can ask the Holy Spirit to help us choose well. The power is available. The question is: will we stay connected to the Source?

GALATIANS 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

PRAYER

Jesus, I acknowledge that I cannot tame my tongue in my own strength. I need Your Spirit to work in me and through me. Help me stay connected to You throughout each day so that my words can reflect Your heart of love, grace, and truth. Thank You for Your power that makes change possible. Amen..

REFLECTION QUESTION

How can you practically stay more connected to Jesus throughout your day so that His Spirit can influence your words? What specific habits or practices might help you tap into His power??
