

Programmed for Kingdom Living

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Programming Your Heart with Your Words

- **WORDS ARE POWERFUL** – They are LIKE SEEDS that take roots in your heart – **Pro.18:21**
 - **SELF-TALK** – affects you
 - We have much more self-talk than externally spoken words
 - Self-talk is not screened, often we are not even aware of it
 - **SPOKEN WORDS** affect you and others –
 - Often we control our spoken words but not our self-talk,
- **CONTROL YOUR WORD AND YOU CONTROL YOURSELF** –
 - **Jam.3:2-8** – Offend in word = logos

Making Your Words Effective

- It is often more important **HOW** we say than **WHAT** we say
 - Words are effective when they are accompanied by Emotions
 - What do you say during an emotional experience?
 - That is also the time when you have less self-control
- Learn to speak the Language of the Heart – The Heart is not rational
 - **PERSONAL**
 - I, not we or us –
 - Do not include others or things in your picture because that creates codependency and control
 - Focus only on your thoughts, beliefs and actions
 - **POSITIVE** – **Phil.4:8**
 - Say: “I value my health and enjoy eating only healthy food.”
 - Don’t say: “I am not sick.” Negative words will have negative impact
 - At times overcoming Negative Beliefs may require help
 - We seek pleasure and avoid pain, but at times there are secondary gains in some painful situations (getting attention in sickness)
 - **AND PRESENT TENSE – NOW**
 - The heart deals with **YOUR IDENTITY = WHAT YOU ARE NOW**
 - **2Cor.6:2** – Now is the day of salvation
 - Don’t say “I am going to quit smoking.” Going means that you don’t have it, Quit involves effort and pain.
 - See yourself saying no when a cigarette is offered to you, feeling good about your self-control, being healthy and strong...

Questions to Consider

1. How successful are you in controlling your thoughts and your words? How does this affect your relationships?
2. Can you describe your experience with using affirmations?