

“The Power of the Tongue”

Growing up my grandmother was a strong figure in my life. She stood very tall and walked with grace and elegance. People always seemed to welcome her presence when she entered their space whether to admire or bring correction.

I wanted to mirror her image when I grew up but I needed to understand the power of my words. When I spoke in a way that was not uplifting or encouraging she would quote this simple phrase. “Be careful of the words you say, keep them soft and sweet. You never know from day to day which words you’ll have to eat.”

Many times I laughed and even mimicked out of her sight but as I became near to my adult years, I realized how much value that little phrase added to my life.

Did you know that there is so much power in your words it can cause things in your space to change for the good...or the bad?

Words are like little seeds that sprinkle on the ground and in due time they grow thorns or they can grow flowers. Just because someone makes a negative statement towards you doesn’t mean you should even whisper one back.

Proverbs 18:21 tells us that “Death and Life are in the power of the tongue, and those who love it will eat its fruit.”

Be the difference that you want to see in others and watch your space begin to change. You choose how you want to start your day and watch the impact that your words have on your day ending.

Have a Blessed Day to Day!
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