

July 22, 2026

Speak Life

July Series: Stronger Together

Week Focus: The Power of Encouragement

Scripture – Proverbs 16:24 - *"Gracious words are a honeycomb, sweet to the soul and healing to the bones."*

Devotional Reflection

Words are one of the greatest gifts God has given us. With just a few sentences, we can inspire hope, strengthen faith, restore confidence, or bring comfort to someone who is hurting. Proverbs 16:24 reminds us that **"gracious words are a honeycomb, sweet to the soul and healing to the bones."** Our words have the power to do far more than fill conversations—they have the power to minister to hearts. Every day, God places opportunities before us to speak life into someone else's situation.

Many people carry wounds that are invisible. Some are discouraged by life's disappointments. Others are weighed down by fear, anxiety, or uncertainty. Some quietly wonder if anyone notices their efforts or believes in them. In moments like these, a gracious word can become a reminder of God's love and faithfulness. A sincere compliment, an encouraging Scripture, or a simple "I'm praying for you" may seem ordinary to the person speaking it, but it can become extraordinary to the person receiving it.

Jesus consistently used His words to bring life. He spoke hope to the hopeless, forgiveness to the broken, peace to the fearful, and purpose to those who felt forgotten. His words did not ignore truth, but they were always filled with grace. As followers of Christ, we are called to use our words in the same way. Rather than speaking criticism that tears down or negativity that discourages, we are called to speak words that strengthen, encourage, and point people toward God.

Before we speak, it is wise to ask ourselves a simple question: **Will these words leave this person stronger or weaker?** Every conversation gives us an opportunity to either build someone up or tear someone down. Our words can plant seeds of hope or seeds of discouragement. They can restore confidence or reinforce fear. God has entrusted us with the privilege and responsibility of using our voices to reflect His heart.

Today, be intentional about speaking life. Ask the Holy Spirit to guide your conversations and help your words become instruments of grace. Someone around you may be waiting for the very encouragement God desires to speak through you. Never underestimate the impact of gracious words. Long after a conversation ends, the right words spoken at the right time can continue strengthening someone's heart for years to come.

Focus for Today

My words have the power to strengthen hearts, build faith, and reflect the love of Christ.

Practice

- Before speaking today, ask yourself, **"Will these words bring life?"**
 - Intentionally encourage at least three people with sincere, gracious words.
 - Share a Scripture or promise from God's Word with someone who needs hope.
 - Thank God for people whose words have strengthened your faith over the years.
-

Prayer

Father, thank You for the gift of words. Help me use them wisely and graciously. Guard my mouth from speaking anything that would discourage or tear others down. Instead, fill my heart with Your love so that my words bring hope, healing, and encouragement. Let every conversation I have today reflect the grace of Christ and strengthen the people You place in my path. Use my voice to build faith and point others to You. In Jesus' name, Amen.

Reflection Question

Who in your life needs to hear life-giving words today, and what can you say that will strengthen their faith and encourage their heart?