

July 23, 2026

Build Faith With Your Words

July Series: Stronger Together

Week Focus: The Power of Encouragement

Scripture – Ephesians 4:29 - *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”*

Devotional Reflection

Every conversation is an opportunity to influence someone's life. Whether we realize it or not, our words are constantly shaping the people around us. They can strengthen or discourage, inspire or wound, build confidence or create doubt. That is why Paul gives believers this important instruction in Ephesians 4:29: **speak only what is helpful for building others up according to their needs**. God calls us to use our words as instruments of grace, speaking what people need rather than simply what we want to say.

One of the most remarkable things about encouragement is that it is often timely. God knows exactly what people are carrying, and many times He chooses to speak through someone else's words. A simple reminder that God is faithful, a sincere expression of appreciation, or a promise from Scripture shared at just the right moment can become the very encouragement someone needs to keep believing. We may see our words as ordinary, but in God's hands they can become extraordinary.

Jesus consistently used His words to strengthen people's faith. When the disciples were afraid, He reminded them not to fear. When people were overwhelmed by guilt, He spoke forgiveness. When others felt hopeless, He reminded them of God's power and presence. His words always pointed people toward hope because they reflected the heart of the Father. As followers of Christ, we are called to do the same. Our conversations should leave people with greater faith, greater hope, and greater confidence in God's goodness.

This also means being intentional before we speak. Not every thought needs to be expressed, and not every opinion needs to be shared. Wisdom asks, **“Will these words benefit the person who hears them?”** Encouragement is not empty flattery or avoiding truth. It is speaking truth with grace, love, and wisdom in a way that strengthens others. Sometimes the most Christlike thing we can do is pause, pray, and allow the Holy Spirit to shape our words before they leave our mouths.

Today, ask God to make your conversations a source of life and encouragement. Look for opportunities to affirm someone, remind them of God's promises, or simply let them know they are appreciated. You never know what battle someone is facing or how much they may need a word of hope. God has entrusted you with the ability to strengthen others through your words. Use that gift well, and let every conversation become an opportunity to build someone's faith.

Focus for Today

God can use my words to strengthen someone's faith and encourage them to keep trusting Him.

Practice

- Before speaking today, ask: **“Will these words build someone up?”**
 - Share a promise from God's Word with someone who may be discouraged.
 - Thank someone who has spoken words that strengthened your faith.
 - Pray that the Holy Spirit would guide every conversation you have today.
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Prayer

Father, thank You for the privilege of using my words to encourage others. Help me speak with wisdom, grace, and love. Guard me from careless or discouraging speech, and fill my heart with words that bring hope, strengthen faith, and point people toward You. Let every conversation I have today be guided by Your Spirit and become a source of encouragement to those who hear it. Use my voice to reflect the love of Christ and build others up according to their needs. In Jesus' name, Amen.

Reflection Question

Who in your life needs to hear a faith-filled word today, and how might God use your voice to strengthen their heart and renew their hope?