



UPPER ROOM DELIVERANCE MINISTRIES

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KINGDOM LIVING *Digest*

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

Proverbs 18:21 (NKJV)



INSIDE THIS ISSUE



THE WORDS
WE CARRY



SPEAK WHAT
YOU BELIEVE,
BELIEVE WHAT
YOU SPEAK



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THE SPIRITUAL
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FROM THE
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CHURCH
UPDATES



There is something we do every single day without much thought, something so constant and so familiar that we rarely stop to consider the weight of it. We speak. We narrate our circumstances, describe our fears, declare our frustrations, and express what we believe about ourselves, about others, and about God. Words flow out of us continuously, and most of the time we treat them as if they are weightless. As if they simply disappear into the air once spoken and leave nothing behind.

But they do not disappear. They land. They shape. They build and they destroy. They open doors and they close them. They breathe life into situations that felt hopeless, and they can drain the life from situations that God intended to be full.

When it comes to words, scripture has **NEVER** been casual. From the very beginning, God spoke the world into existence. He did not build it with His hands. He **spoke** it. And He made us in His image, which means something significant about the power He placed in the words we carry every day.

September invites us into an honest examination of our speech. Not simply what we say in public or in church, but what we say when no one is listening except God. What we say about our own lives, our own futures, and our own faith when the pressure is on, and the words come out unfiltered. Because what comes out in those moments reveals what is truly going on inside, and it points us back to the deeper work that God is always after: a heart so aligned with His truth that the words flowing from it naturally reflect His Kingdom.

The words we carry matter. This month we take a closer look at why.

365 -Day Bible Reading Plan

S E P T E M B E R	1	DAY 244	☐	MARK 11:20-33	11	DAY 254	☐	LUKE 22:1-13	21	DAY 264	☐	JOHN 18:1-24
	2	DAY 245	☐	MATT 21:28-46	12	DAY 255	☐	JOHN 13:1-20	22	DAY 265	☐	MATT 26:57-75
	3	DAY 246	☐	MATT 22:1-14	13	DAY 256	☐	JOHN 13:21-38	23	DAY 266	☐	MATT 27:1-10
	4	DAY 247	☐	LUKE 20:20-40	14	DAY 257	☐	JOHN 14:1-14	24	DAY 267	☐	LUKE 23:1-12
	5	DAY 248	☐	MARK 12:28-37	15	DAY 258	☐	JOHN 14:15-31	25	DAY 268	☐	MARK 15:6-24
	6	DAY 249	☐	MATT 23:1-39	16	DAY 259	☐	JOHN 15:1-16	26	DAY 269	☐	LUKE 23:32-49
	7	DAY 250	☐	LUKE 21:1-24	17	DAY 260	☐	JOHN 15:17-16:4	27	DAY 270	☐	MATT 27:57-66
	8	DAY 251	☐	LUKE 21:25-38	18	DAY 261	☐	JOHN 16:5-33	28	DAY 271	☐	JOHN 20:1-18
	9	DAY 252	☐	MATT 25:1-30	19	DAY 262	☐	JOHN 17:1-26	29	DAY 272	☐	MATT 28:8-15
	10	DAY 253	☐	MATT 25:31-46	20	DAY 263	☐	MARK 14:26-52	30	DAY 273	☐	LUKE 24:13-43



Speak What You Believe, Believe What You Speak

Pastor Lillie Powell

Romans 10:9-10 ESV

⁹ because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For with the heart one believes and is justified, and with the mouth one confesses and is saved.

Scripture draws a direct and undeniable connection between what we believe in our hearts and what comes out of our mouths. In Romans 10:9-10, Paul makes this connection explicit in the context of salvation itself. With the heart one believes unto righteousness, and with the mouth confession is made unto salvation. The internal and the external are not separate acts. They are two expressions of the same reality. What is genuinely believed in the heart will eventually find its way to the lips.

This principle extends far beyond the moment of salvation. It governs the daily experience of the believer in ways that are both encouraging and sobering. Encouraging because it means that when God's Word is genuinely taking root in the heart, the speech that flows from it carries real Kingdom authority. Sobering because it means that the words we speak without thinking are often the most accurate reflection of what we actually believe. Not what we say we believe, but what we have truly accepted as true in the deepest part of who we are.

Matthew 12:34 ESV

You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks.

Jesus addressed this directly in Matthew 12:34 when He declared that out of the abundance of the heart the mouth speaks. The mouth is not the source. It is the overflow. Whatever has been filling the heart, whether truth or fear, faith or doubt, God's promises or the world's narratives, will eventually overflow into speech. This is why the renewed mind that we explored in previous months is so directly connected to the words we speak. A mind being transformed by God's Word produces a heart increasingly full of His truth, and a heart full of His truth produces speech that begins to sound less like the world and more like the Kingdom.

James 3 describes the tongue as a small member with extraordinary power. A small fire can set an entire forest ablaze. A small rudder steers an enormous ship. The tongue, though small, directs the course of a life in ways that are disproportionate to its size. James is not simply warning about gossip or unkind speech, though those matter greatly.



He is pointing to something deeper: the tongue reveals the condition of the inner life and simultaneously reinforces it. What we say about our situation shapes how we experience our situation. What we confess about our God shapes how we relate to Him in the middle of our difficulty.

Hebrews 11:1 ESV

Now faith is the assurance of things hoped for, the conviction of things not seen.

This is not a formula or a prosperity technique. It is a biblical principle rooted in the nature of faith. Hebrews 11:1 defines faith as the substance of things hoped for, the evidence of things not seen. Faith speaks about what God has said before the physical evidence arrives. It declares the truth of God's Word over a circumstance that does not yet look like it. Not because the circumstance does not matter, but because what God has said about it matters more.

The believer who learns to bring their speech into alignment with God's Word is not denying reality. They are choosing which reality gets the final word.

When the Words We Speak Work Against Us

Pastor Jonnie Mae King

Not every word spoken in a believer's life carries Kingdom power. Some words, spoken habitually and without examination, quietly work against the very things God is trying to build. This is not always dramatic or obvious. It rarely sounds like outright unbelief. It often sounds like honesty. Like realism. Like simply describing things the way they are.

But there is a difference between honest acknowledgment of a difficult reality and the repeated, faithless confession of that reality as if God has nothing to say about it. One brings a need before God with transparency. The other rehearses the problem without ever arriving at the promise.

Proverbs 18:21 ESV

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

Proverbs 18:21 states plainly that death and life are in the power of the tongue. This is not metaphorical decoration. It is a statement about the real and consequential nature of what we say. Words spoken consistently over time shape belief. Belief shapes behavior. Behavior shapes outcome. The believer who consistently speaks defeat, inadequacy,



fear, and hopelessness over their life is not simply being honest about their circumstances. They are participating in the construction of a reality that does not have to be permanent.

Consider how often believers speak words that directly contradict what God has said. God says He has not given us a spirit of fear, but of power, love, and a sound mind. Yet the language of many believers is saturated with anxiety, with worst-case scenarios, and with declarations of inability.

God says He will supply every need according to His riches in glory. Yet the constant confession of many is that there is never enough, that things will never change, that the situation is hopeless. These words are not neutral. They are seeds. And seeds, consistently planted in the soil of the heart, eventually produce a harvest.



This is not about pretending that difficulty does not exist. It is about refusing to give difficulty a voice louder than God's Word. It is about the discipline of catching the words before they form, measuring them against Scripture, and choosing to speak what God says even when the feelings have not caught up yet. It is about recognizing that the enemy uses our own mouths against us when we are not paying attention, and that one of the most powerful acts of spiritual resistance available to us is simply choosing to speak differently.

Numbers 13 and 14 record one of the most instructive examples of this in all of Scripture. The ten spies who returned from Canaan gave an accurate description of what they saw. Giants. Fortified cities. Overwhelming odds. They were not lying. But their words carried no faith, and their report spread through the entire camp like a disease until an entire generation forfeited their inheritance. Two spies, Caleb and Joshua, saw the same giants and the same cities and chose to speak a different word.

A word rooted not in what they saw but in what God had said. Their words carried life. And their words determined their future.

The words we speak are not simply commentary on our lives. They are participation in them. Choose carefully.

Kingdom Living Tips

Speaking With Kingdom Purpose

- Begin each morning by declaring at least one promise of God over your life before the day sets the tone for your words.
- When negative or fearful words rise up, pause and ask: does this agree with what God has said? Then speak what He says instead.
- Pay attention to how you speak about yourself. The way you describe who you are should reflect whom God says you are, not only how you feel in a difficult moment.
- Eliminate habitual phrases that rehearse defeat. Replace them deliberately and consistently with Scripture-based declarations.
- Use your words to build others up intentionally. **Ephesians 4:29** reminds us that our speech should minister grace to those who hear it.

Reflection & Application

This month's reflection is simple, but potentially one of the most revealing exercises you will do all year. For one week, pay close attention to what you say. Not in church or in polished conversation, but in private. In the car. Under pressure. When things go wrong. When you talk about your health, your finances, your relationships, your future. At the end of the week, ask yourself honestly: do my words sound like someone who believes God? Do they reflect the truth of His Word or the weight of my circumstances? Let what you discover lead you not into condemnation but into intentional change. The goal is not perfect speech. It is speech that is increasingly aligned with the truth of who God is and what He has said about your life.



STABLE RELATIONSHIPS:

How Community Anchors the Believer in Uncertain Times

Over the past three months we have established that spiritual stability begins with a solid foundation in God, is cultivated through intentional spiritual disciplines and obedience, and is protected through the deliberate renewal of the mind. Each of these dimensions is personal and internal. But spiritual stability was never designed to be a solitary achievement. God did not create believers to be anchored alone. He placed them in a Body, and that Body functions as one of His most powerful instruments for keeping His people rooted in unstable times.

The Need for Community

Ecclesiastes 4:9-12 ESV

⁹ Two are better than one, because they have a good reward for their toil. ¹⁰ For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! ¹¹ Again, if two lie together, they keep warm, but how can one keep warm alone? ¹² And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

Ecclesiastes 4:9-12 makes the case plainly. Two are better than one because they have a good reward for their labor. If one falls, the other will lift him up. But woe to him who is alone when he falls, for he has no one to help him up. The passage concludes with one of the most familiar images in Scripture: a cord of three strands is not quickly broken. Solomon was not simply writing about friendship or productivity. He was describing a God-designed principle of spiritual survival. Isolation weakens. Community strengthens.

Acts 2:42-47 ESV

⁴² And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. ⁴³ And awe came upon every soul, and many wonders and signs were being done through the apostles. ⁴⁴ And all who believed were together and had all things in common. ⁴⁵ And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. ⁴⁶ And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, ⁴⁷ praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

The early church understood this instinctively. Acts 2:42-47 describes a community of believers who devoted themselves to the apostles' teaching, to fellowship, to the breaking of bread, and to prayer. They met together daily.

They shared what they had. They encouraged one another. And the result was not merely a pleasant community experience. The Lord added to their number daily those who were being saved. Stability in community was a witness to the world around them.

This is not coincidental. When believers are genuinely rooted together, the stability they produce collectively is greater than what any individual could sustain alone. Each person brings different strengths, different gifts, and different seasons of faith. What one person lacks in a difficult moment, another can supply. What one person cannot see clearly because they are too close to their own situation, another can speak into it with wisdom and perspective.

What Stable Community Looks Like



Not every gathering of believers constitutes the kind of community that anchors and stabilizes. A stability-producing community has specific characteristics that distinguish it from simply attending the same services or occupying the same building.

Proverbs 27:17 ESV

Iron sharpens iron, and one man sharpens another.

It is built on truth. A community that avoids difficult conversations, never challenges wrong thinking, and only affirms what people want to hear produces comfort without growth. Proverbs 27:17 tells us that iron sharpens iron. The kind of community that anchors believers is one where God's Word is the standard, where truth is spoken in love, and where no one is allowed to drift unchallenged into patterns that will ultimately destabilize them.

Galatians 6:1-2 ESV

¹ Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. ² Bear one another's burdens, and so fulfill the law of Christ.

It is marked by genuine accountability.

Galatians 6:1-2 instructs believers to restore those who are overtaken in a fault gently, and to bear one another's burdens. This requires relationships deep enough to know when someone is struggling, and courageous enough to engage rather than look away. Accountability is not control or judgment. It is the loving commitment to help a fellow believer stay on the path God has set before them.

Matthew 18:19-20 ESV

¹⁹ Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. ²⁰ For where two or three are gathered in my name, there am I among them."

It prioritizes prayer together. There is something that happens in corporate prayer that does not happen in private prayer alone. When believers agree together in prayer, the atmosphere shifts. Matthew 18:19-20 records Jesus' promise that where two or three are gathered in His name, He is present in their midst. The community that prays together creates a spiritual environment where stability is reinforced by the collective faith of the group rather than the fluctuating faith of any single individual.

It celebrates faithfulness, not just breakthroughs. A community that only gathers around victories will struggle to hold together through valleys. The community that anchors believers is one that shows up equally in the difficult seasons, that honors perseverance, that does not abandon its members when the situation looks unimpressive, or the progress feels slow.

When Community Is Missing

One of the enemy's most consistent strategies against the believer's stability is isolation. Isolation does not always look dramatic. It often begins quietly, with busyness, with unresolved offense, with the gradual withdrawal from community that is justified by one reasonable excuse at a time. But the believer who is increasingly isolated is the believer who is increasingly vulnerable.

When Community Is Missing



Hebrews 10:24-25 ESV

²⁴ And let us consider how to stir up one another to love and good works, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Hebrews 10:24-25 is one of the most direct commands in the New Testament on this subject. Do not forsake the assembling of yourselves together, as is the manner of some, but exhort one another, and so much the more as you see the Day approaching. The instruction is urgent and the reason is clear. As instability in the world increases, the need for community increases with it. This is not the season to pull back from genuine Christian fellowship. It is the season to press deeper into it.

The believer who is planted in stable, truth-centered, prayer-committed community has an anchor that holds even when their personal faith is being severely tested. The voices of brothers and sisters who have walked with God through their own storms are some of the most stabilizing forces available in uncertain times. Do not underestimate what God does through His people for His people.

Next Month: Spiritual Stability, Part 5 — Stable in Suffering: Finding Firm Ground When Life Is at Its Hardest



FROM THE PASTORS' DESK



THE POWER OF SAYING THE RIGHT THING

Pastor Lillie P. Powell

I have watched words change the atmosphere of a room. I have seen a single sentence of encouragement pull someone back from the edge of giving up. I have also seen careless words do damage that took years to heal. Words are not small things. They never have been.

As believers, we have been given something extraordinary. We have been given access to the Word of God, and with it, the language of Heaven. When we speak God's Word over our lives, our families, and our circumstances, we are not simply reciting text. We are aligning our voices with the voice of the One who spoke the world into existence. That is a privilege that carries responsibility.

My challenge to you this month is to become more intentional about the words you release into your own life. Speak what God says about you. Speak what He says about your situation. And when you do not know what to say, open the Scripture and let it speak for you. The Word of God in your mouth is one of the most powerful tools available to a believer. Use it.

GUARD WHAT GOES OUT

Pastor Jonnie M. King

James warned us that the tongue is a fire. A world of iniquity. Something that can corrupt the entire course of a life if it is left unguarded. These are serious words, and they are meant to be taken seriously. But James was not writing to discourage us. He was writing to wake us up to the reality of what is at stake when we speak without wisdom, without faith, and without the guidance of the Holy Spirit.

The good news is that the same God who designed the tongue also provided the means to tame it. A heart filled with His Word. A mind renewed by His truth. A spirit surrendered to His leading. These are not



complicated requirements. They are daily choices. And every day you choose to fill your heart with what is true, you are investing in the kind of speech that builds rather than destroys.

Guard what goes out of your mouth this month. Not out of fear, but out of the understanding that your words carry weight and your voice carries influence. Speak life. Speak faith. Speak what God says. And watch what begins to shift in the atmosphere around you.

Closing Prayer

Heavenly Father,

We come before You asking You to set a watch over our mouths and to guard the door of our lips.

Let the words we speak reflect the truth of Your Word rather than the weight of our circumstances.

Where we have spoken fear, teach us to speak faith.

Where we have spoken defeat, teach us to speak Your promises.

Fill our hearts so completely with Your truth that what overflows from our lips brings life to everyone who hears it.

May our words honor You, encourage others, and declare Your Kingdom in every season.

In Jesus' name, Amen.

CHURCH UPDATES

**EMPOWERMENT
SERVICE**
— EVERY THURSDAY NIGHT —

Join Us!

7:30 PM

ACTS 2:42
And they devoted themselves
to the apostles' teaching
and the fellowship, to the
breaking of bread
and the prayers.

WORSHIP. GROW. SERVE.
TOGETHER IN FAITH. TRANSFORMED BY HIS POWER.

**NO CHURCH
SERVICES**
ON

SEPTEMBER 6	SUNDAY
OCTOBER 18	SUNDAY
OCTOBER 22	THURSDAY

**REGULAR SERVICE
WILL RESUME ON
OCTOBER 25**

**PASTOR'S
Appreciation
MONTH**

We're so grateful for
your faithful leadership,
heartfelt prayers, and
tireless service.
You are truly a shepherd
after God's own heart.

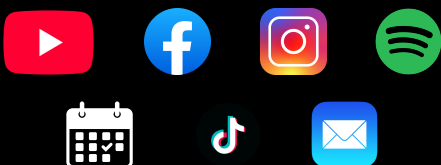
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to spread hope and
change lives.

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