

Faith and Healing **ENHANCEMENT**

A Hindrance to Healing

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Words Are Power

We are instructed to guard our hearts. Two of the ways that we guard our hearts is by the words we speak and what we choose to listen to.

Did you know that our words either give life or death to our situations? Consequently, the Word of God tells us to only speak of good things, which bring forth life and restoration! Every time we speak and or meditate on wrong words, words that bring forth death, we foster a root of bitterness in our hearts (souls), creating negative strongholds in our minds.

“Keep thy heart with all diligence; for out of it are the issues of life.” – Proverbs 4:23

“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.” – Proverbs 18:21

“... Calleth those things which be not as though they were.” – Romans 4:17

*“Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.”
- Hebrews 12:14-15*

Questions for You:

1. What does it mean to guard your heart?

2. Give one example on how to rid yourself of bitterness?
