

# WORDS AND THOUGHTS ARE POWERFUL

By Sue Whisenhunt

Psalm 19:14 AMP

Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my [firm, impenetrable] Rock and my Redeemer.

Isn't it amazing how powerful words and thoughts are? Words are actually thoughts expressed. Did you know that both thoughts and words operate in the spiritual realm? They can go into the realm of the spirit and pull out either blessing or cursing, depending on their nature. In our physical being, we have natural senses which are sight, hearing, smelling, touching and tasting and same is true for our spiritual being, we have spiritual senses. Words and thoughts work in both our natural senses and our spiritual senses.

Proverbs 18:21 tells us that "Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life]. So it's actually our very own tongues that can and do bring, into our own lives death or life, as well as into other peoples lives.

## **HOW POWERFUL ARE OUR THOUGHTS??**

Read this testimony from a lady:

### THE FIG TREE

"During Christmas I moved a fig tree upstairs to our bedroom to make room for the Christmas tree. It had a small branch with about a dozen leaves on it down below the rest of the branches that was ruining the shape of the tree.

When I woke up in the morning, I'd see that tree in the window and **think**, 'I need to cut that branch off.' Every time I passed that tree I'd **think**, 'That branch does not look right. I'm going to get rid of it.'

One morning I walked by the tree and every leaf on that little branch was yellow. There was not one other yellow leaf on the whole tree. I got kind of goose bumpy and told my husband. He looked at me and said, "I'm sure glad you **think** nice things about me!" I cut that branch off that day!

"I have always had a difficult relationship with my mother-in-law. **Of course I never thought I had any blame**, being so sweet and all. I decided this was worth an experiment. Every time I thought of my mother-in-law, I determined to bless her. I went out of my way to **think** good about her and bless her!!!

Although she seldom calls or has interest in chatting with me, within five days, she had called me three times—just for a moment, but they were friendly calls! She hadn't called me more than six times in the whole last year."

Below is another testimony saying the same thing:

"My youngest daughter and I were shopping. Her face was covered with pimples, and she had on an excessive amount of makeup, trying to cover them up. Her hair seemed to be going in every direction, and the clothes she was wearing that day didn't look good on her."

Every time I happened to notice her, I'd think, 'You sure look a mess today.' This went on for awhile, and suddenly I noticed that she was getting depressed and looking very discouraged. I asked what was wrong, and she replied, 'I feel ugly today, and it's getting me down.'

It seems the mother's thoughts were affecting her daughter emotionally.

Often we think our negative thoughts are hidden as long as we do not verbalize them, but these two instances show that they are not hidden and do have an effects on things and other people. Our thoughts have attitudes that coincide with them. These attitudes come forth and affect people around us. **How much more do our own thoughts affect our own selves? What do you think about yourself?? What do you think about others??**

Could it be that the answers to all of our problems can be found from the neck up?.....because of the words that come from our mouth and the thoughts that flow from the soul? Our soul is our mind, our emotions, and our will. We have good-(life) thoughts and bad-(death) thoughts flowing from all three of these areas of our soul.

### **WE ARE ADMONISHED TO THINK ON GOOD THINGS:**

Philippians 4:8 NKJV

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there is any virtue, and if there is anything praiseworthy, **think/meditate (fix your mind) on these things.**

Philippians 4:8 AMP

For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things **(fix your minds on them).**

We read in Proverbs 4:23 "guard your heart with all diligence, for out of it flow/spring the issues/borders/forces of life."

# Our thoughts create an atmosphere around us!!!!

What type of atmosphere are you creating NOW?

What type of atmosphere DO YOU WANT TO CREATE?

We are told to guard our heart. What is our heart? Our heart is our soul (our mind, will and emotions) and our spirit (our inner man) that was born again when we asked Jesus into our hearts.

We are instructed to think on GOOD things!!! We are additionally strongly urged to speak good things to and about ourselves. David, in the scriptures below, shows us how.

Psalm 103:1-5 NKJV

Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving kindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

Psalm 103:1-5 AMP

BLESS (AFFECTIONATELY, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits— Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases, Who redeems your life from the pit and corruption, Who beautifies, dignifies, and crowns you with loving-kindness and tender mercy; Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]! [Isa. 40:31.]

Psalm 104:34 AMP

May my meditation be sweet to Him; as for me, I will rejoice in the Lord.

This is saying let my thoughts be sweet to the Lord; Let my thoughts be pleasurable to My Lord and King Jesus Christ. Let Him be pleased by what I am thinking. We are in control of what we think and say. At least, we as Born-again Christians are supposed to be in control of our thoughts and our words. Words originally start with our thoughts. Let us take the reins of our thoughts/attitudes and glorify our God and Father with our thoughts, attitudes, and words.

Romans 12:2 AMP

Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but **be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude]**, so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].

One way to accomplish this is when a bad or evil thought comes across our mind; we speak God's Word to counter it. We must be thinking about what we are saying, so our mind releases and lets go of the evil or bad thought in order to speak God's Word or the GOOD thought. Words are containers, of life or death, let loose.

II Corinthians 10:3-5 NKJ

For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

We are to pull down all thoughts we may have that are contrary to the Word of God and the knowledge of God. How do we do that? We do that by speaking God's Word. Not just once but over and over until we have cast down arguments and our every thought comes into agreement with the will of God and the Word of God; like Jesus did in Mathew 4, when He defeated

the devil. We put those thoughts that are contrary to the will and Word of God under our feet, into captivity to the obedience of Christ!!!!

For example: if you are having thoughts of lack of money. Find scriptures that says that you are blessed and all your needs are met, like Philippians 4:8 and Psalm 23:1 and there are many more scriptures. We are to study the Word of God and to renew our mind to think like the Word. We must be reading, meditating, absorbing and renewing our minds to think like God thinks. **FOR YOUR SAKE, AGREE WITH HIM!!!!!!**

You bring your mind into subjection,  
into agreement, with the Word.

Luke 6:45 AMP

The upright (honorable, intrinsically good) man out of the good treasure [stored] in his heart produces what is upright (honorable and intrinsically good), and the evil man out of the evil storehouse brings forth that which is depraved (wicked and intrinsically evil); **for out of the abundance (overflow) of the heart his mouth speaks.**

This verse is talking about the same man. There is good in a man's heart and there is evil in a man's heart. Just listen, to yourself talk for several days or a week or a month, and you will be able to tell what is in your own heart. You will see that both "Good" and "Evil" are in your heart.

**".....For out of the abundance of the heart  
his mouth speaks."**

This spiritual exercise of listening to you speaking would benefit every believer. You may want to wash your mouth out with soap afterward. The Book of James tells us whoever does not bridle his own tongue; his religion is in vain, futile, and worthless. A bridle is what one uses to control the

whole horse. It is what steers the horse which direction he is to go. So you can see that your tongue is the guiding element in your body and in your life. Take an inventory of what you have been thinking and saying – perhaps you will locate the source of some of your problems. [James 3:2-3]

Mathew 7:1-2 AMP

DO NOT judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. **For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you [use to] deal out to others, it will be dealt out again to you.**

Mark 7:21-23 AMP

For from within, [that is] out of the hearts of men, come base *and* wicked thoughts, sexual immorality, stealing, murder, adultery, Coveting (a greedy desire to have more wealth), dangerous *and* destructive wickedness, deceit; unrestrained (indecent) conduct; an evil eye (envy), slander (evil speaking, malicious misrepresentation, abusiveness), pride (the sin of an uplifted heart against God and man), foolishness (folly, lack of sense, recklessness, thoughtlessness). All these evil [purposes and desires] come from within, and they make the man unclean *and* render him unhallowed (unholy).

Mathew 15:18-20 AMP

But whatever comes out of the mouth comes from the heart, and this is what makes a man unclean *and* defiles [him]. For out of the heart come evil thoughts (reasonings and disputings and designs) such as murder, adultery, sexual vice, theft, false witnessing, slander, *and* irreverent speech. These are what make a man unclean *and* defile [him];

Psalm 39:1 AMP

**I SAID, I will take heed *and* guard my ways, that I may sin not with my tongue; I will muzzle my mouth as with a bridle while the wicked are before me.**

James 3:2-3 AMP

For we all often stumble *and* fall *and* offend in many things. And **if anyone does not offend in speech [never says the wrong things], he is a fully developed character *and* a perfect [mature] man, able to control his whole body *and* to curb his entire nature.** If we set bits in the horses' mouths to make them obey us, we can turn their whole bodies about.

Psalm 1:1-2 AMP

BLESSED (HAPPY, fortunate, prosperous, and enviable) is the man **who walks and lives not in the counsel of the ungodly [following their advice, their plans and purposes], nor stands [submissive and inactive] in the path where sinners walk, nor sits down [to relax and rest] where the scornful [and the mockers] gather.** But his delight *and* desire are in the law of the Lord, and on His law (the precepts, the instructions, **the teachings of God**) **he habitually meditates (ponders, thinks and studies) by day and by night.**

[Rom. 13:8-10; II Tim. 3:16.]

We are instructed to think on GOOD things and that our thoughts are sweet and pleasing to our Lord and King Jesus. We are strongly urged to speak to ourselves the WORD of God; to meditate on the GOODNESS of our loving Savior and Lord Jesus Christ. We are told to renew our minds, to give up our old ungodly thoughts and be transformed and changed, in our thought patterns, by the entire renewal of our mind by its new ideals and its new attitudes that come from the Word of God.

When we listen to our words, we are able to hear and see what needs to be changed and renewed. Thereby, correcting our speech to speak life only. We can learn to put and keep a bridle on our speech and not sin against our Father God, our Lord Jesus and not grieve Holy Spirit with our words. We must if we are to inherit the promises here and now in this life that Jesus purchased for us.

## WORDS CAN BRING LIFE AND BLESSINGS

We can call those things that are not as though they are. This is the privilege of all believers in the Lord Jesus Christ. Romans 4:16-21 says God does it and since He is our example, we can and should follow in His example. He, furthermore, told the father of us all - the father of faith, Abraham that he was to call those things that are not as though they were. Than, so can we, as descendants of Abraham for he is the father of our faith.



## **PROPHECY YOUR FUTURE!!**

Go into the spirit realm with thoughts and words and bring out God's will for you by getting into agreement with Him. Don't agree with the enemy, the devil. Agree with God!!! **God has a GOOD PLAN for your life**, but you will need to agree with it—IN YOUR THOUGHTS AND YOUR WORDS — not passively, but aggressively and with passion.

Go ahead, DECLARE and DECREE what you want and what has been purchased for you on the cross. Search the scriptures, find the PROMISES that God, in Jesus, has given to you and bring them into your life, into your pathway, with your thoughts, attitudes and, of course - YOUR WORDS.

**AGREE WITH GOD'S WORD, DO GOD'S WORD AND BE BLESSED!!!**