

# Pray Before You Say

Daily  
Devotional

## Day 1: The Power of Words

**Bible Reading: James 3:3-12**

### Devotional

Our words carry immense power, capable of steering our lives and relationships like a rudder guides a ship. Just as a small spark can ignite a forest fire, our words can spread rapidly, causing damage or bringing healing.

### Application

Today, reflect on how you've used your words recently. Have they built others up or torn them down? Ask God for wisdom to use your speech to bless others and glorify Him. Consider writing down specific ways you can use your words more positively in the coming week.

## Day 2: Love as the Foundation

**Bible Reading: 1 John 4:7-21**

### Devotional

God's love for us is the foundation of our faith and should be the driving force behind our interactions with others. Like the young girl controlling a large horse with a small bit and a lot of love, we too can navigate difficult relationships and conversations with love as our guide.

### Application

Today, meditate on God's unconditional love for you. How can you extend that same love to others, especially those with whom you disagree? Pray for the strength to love even when it's challenging.

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## Day 3: Taming the Tongue

**Bible Reading: Proverbs 12:18, 13:3, 14:29, 29:20**

### Devotional

The book of Proverbs offers wisdom on controlling our speech. While taming the tongue may seem impossible, with God's help, we can learn to guard our words and speak life.

### Application

Reflect on times when words have hurt you or when you've hurt others with your speech. Ask the Holy Spirit to help you pause before speaking, especially in heated moments. Practice the habit of "pray before you say" throughout your day, seeking God's guidance in your conversations.

## Day 4: The Mind of Christ

**Bible Reading: Philippians 4:4-9**

### Devotional

Paul encourages us to focus our thoughts on what is true, honorable, right, pure, lovely, and admirable. By doing so, we invite the peace of God into our lives and relationships.

### Application

Today, intentionally look for the good in others, especially those with whom you disagree. Make a list of positive qualities you see in them. Pray for a renewed mind that reflects Christ's love and compassion, even in difficult situations.

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## **Day 5: Guarding Our Hearts and Lips**

**Bible Reading: Psalm 141:3, Ephesians 4:29-32**

### **Devotional**

As we conclude this week's devotional, let's focus on guarding our hearts and lips. The Psalmist asks God to put a guard over his mouth, recognizing the need for divine help in controlling our speech. Paul urges us to use our words for building others up.

### **Application**

Today, memorize Psalm 141:3 and recite it throughout the day. Reflect on how your words can be a channel for God's grace. Commit to speaking words of encouragement to at least three people today, allowing God's love to flow through you to others.