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| |  |  |  | | --- | --- | --- | | Site logo image | [**Faith Encounters**](http://faithencounters.impart.org/) | [Read on blog](http://faithencounters.impart.org/2025/08/07/faith-and-our-words-2/) or [Reader](https://public-api.wordpress.com/bar/?stat=groovemails-events&bin=wpcom_email_click&redirect_to=https%3A%2F%2Fwww.wordpress.com%2Freader%2Fblogs%2F127938330%2Fposts%2F4185&sr=1&signature=a9d697055056807660623973d2cdd4be&user=d4772d34747c29138d6356de987fff13&_e=&_z=z) |   [**Faith and Our Words**](https://public-api.wordpress.com/bar/?stat=groovemails-events&bin=wpcom_email_click&redirect_to=http%3A%2F%2Ffaithencounters.impart.org%2F2025%2F08%2F07%2Ffaith-and-our-words-2%2F&sr=0&signature=e9974847e2e912b9824caa7db37cd93a&blog_id=127938330&user=d4772d34747c29138d6356de987fff13&_e=&_z=z)   |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | |  | By **Martha Rodman** on August 7, 2025 |   *Death and life are in the power of the tongue, and those who love it and indulge in it will eat it's fruit and bear the consequences of their words. Proverbs 18:21 AMP*  I've so enjoyed our Life Group's study on the book of Ephesians and I've loved reading the prayers Paul prayed for the Ephesians (which also mean us!). His exhortations on how we should function in unity without division is challenging, but also encouraging us to keep the unity. I also love digging deep into the different parts of the armor of God. It has made me even more aware of how I use my words!  Words flow off our lips so easily, and unfortunately, at times thoughtlessly. The other day as I attended a prayer gathering, I thought about a discussion I had with a gal just few days before, about the power of consistency. God brought that conversation back to me during this prayer time. He said, "Speaking unbelief, criticism, gossip and negative speech dilutes our prayer's effectiveness." In my mind's eye, I saw someone fervently praying and seeking God in their prayer closet, they were in heartfelt prayer, crying out to Him. But when they finished, I saw them walk out and complain to a friend about their situation. What I realized, is their faith was smaller than their declarations. The words they prayed were true, but not built on a foundation of trust and faith.  The Holy Spirit's sharing this to me saddened my heart. The fruit of our faith is revealed by all our talking, not just when we pray. This can be really hard to live out. God is gracious and merciful all the time. However, I think it saddens Him when we speak unbelief about the very thing we have asked Him to do.  When my children were toddlers, it was hard work. Teaching them the way they "should go" took time and energy. But when they were getting ready to graduate from high school and move into adulthood, it became even harder. I recognized my faith and trust in God had to grow. Either I believed what His Word said, or I didn't. Would He show up for them, as He did for us? Of course. I had to pray this through for myself. I needed to come to a place of trust and faith in Him. I also needed faith in their walk with the Lord. Peace came. If you struggle to believe your own prayers, I suggest you spend more time with Him, engage with His Word and invest time in prayer. He is such a good God. My faith in Him increased. My faith for them grew as well. It became easier to release them into His ways and His will.  This year I have three grandchildren who are facing their new seasons of life. One is a college graduate looking for a teaching job. One will attend George Fox University as a junior. Another is moving to Medford, Oregon, to attend an internship program. Three distinct personalities, three different futures, but I know our God has them in His hands. Because of the lessons I learned with my own children, I know I can trust Him with these. I am very careful to speak faith, hope and trust when I am around them. It isn't hard to do, because I believe it! When doubts come, I process them in prayer and in the Word.  My friends, please be careful with your words. Maybe you will find yourself praying, "Lord, I believe; help my unbelief". That is okay. He will help you. Expect His help. He wants us to pray powerful, effective prayers. They start with a recognition of who you are praying to! He loves you, cares for you, and delights in answering prayers. If you discover you are diluting your prayers with doubt, unbelief, judgmental thoughts, take the time to repent. Remember, out of the abundance of the heart, the mouth speaks. (Matthew 12:34-37). Be careful what you meditate on, because it could pollute or dilute your effectiveness.  My friends, it is time to guard our hearts, speak life and watch God move! Take the time to examine your thoughts, your heart and your words. His mercy is there to help us in these areas if we let Him. He is ready, are you?  *Father, I thank you for helping us become people of consistency. People who live and talk, trust and faith in you, because you are so worthy of it! You are who you say you are, and so must we, in Jesus' Name, amen.* | |