

In the new covenant, God wants us to come back to believing and speaking. So the question you need to ask yourself is this: What do you want to see in your life? What would you like to see in your body, your relationship, your marriage, your children, your family, your household, and your place of employment? Not what do you *currently see* - what would you *like to see*?

It is unfortunate that the enemy has been successful in deceiving many people into speaking negatively, often with bitterness and unforgiveness, over their own lives and the lives of those around them. From today's Scripture verse, you can see how holding onto negative emotions can eat away at you on the inside. Holding bitterness against someone, for example, is like drinking lethal poison, and expecting the other person to die. It is just not worth it. You are killing yourself slowly. Choose life and let go of that anger and resentment in your heart. Release that person, and most importantly, release yourself. Forgive that person. Choose to love life and see many good days. Forgiveness is for those who don't deserve it. That is what grace is all about. Remember what the Word says: don't return evil for evil, reviling for reviling. (1 Peter 3:9) Instead, have a spirit of grace, and bless those who curse you. Bless them and set yourself free to love life and see many good days. The sad reality is that the enemy has successfully programmed death into the human language. We hear causal expressions in our daily conversations such as: "That dress is to *die* for", or "I am *dying* for that piece of cheesecake." No! Change your vocabulary and saturate it with life.

The Jews use a salutation when they propose a toast. They say: "*L'chaim*", which means, "To life!" Don't be preoccupied with what is dark and deathly; rather celebrate the abundant life that our Lord came to bring us. Remember that the power of life and death is in the tongue, and those who love it will eat its fruit. Love life and see good days. Start by refraining your lips from speaking evil, and begin filling your mouth with the good news of all the wonderful things our Lord has done, and will continue to do, in your life. When you change your words, you will change your life.

Proverbs 14:30 "A calm and peaceful and tranquil heart is life and health to the body, but envy, jealousy and wrath are like rotteness to the bones."