

When you are in tough times, you can complain and talk about the problem, but that is not encouraging to anyone, especially not to yourself. One person who hears every word you say is you. They go out of your mouth and back into your ears. If you hear them long enough, they will take root in your soul and spirit. Remember, you believe what you say about yourself more than what anyone else says about you. There is nothing more powerful than you speaking encouragement over your own life.

Don't verbalize the negative. Don't give those thoughts life by speaking them out. Instead of talking about how you may feel insecure, unqualified, or intimidated, say what God says about you. "I can do all things through Christ who strengthens me. I am strong in the Lord. I am equipped, empowered, and anointed." You may feel just the opposite at the time, but keep speaking victory and that encouragement will take root inside. Over time, you will start to feel strong, confident, and well able. You will start to see favour, new doors opening, and God taking you where you never imagined.

Ephesians 4:29 "...Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them."