

Speak Life Ryan Stevenson/James L Moore/Kevin Michael Mc Keehan

If you'd like to watch the music video: <https://youtu.be/ZeBv9r92VQo>

Some days, life feels perfect, other days, it just ain't workin'.  
The good, the bad, the right, the wrong, and everything in between.  
Yo it's crazy, amazing; we can turn our heart through the words we say  
Mountains crumble with every syllable; hope can live or die.

Refrain:

So speak life, speak life, to the deadest, darkest night.  
Speak life, speak life, when the sun won't shine and you don't know why.  
Look into the eyes of the brokenhearted, watch 'em come alive as soon as you speak hope,  
you speak love, you speak, you speak life, you speak life.

Some days, the tongue gets twisted; other days, my thoughts just fall apart.  
I do, I don't, I will, I won't. It's like I'm drowning in the deep.  
Well, it's crazy to imagine, words from my lips as the arms of compassion.  
Mountains crumble with every syllable; hope can live or die.

Refrain:

Lift your head a little higher; spread the love like fire.  
Hope will fall like rain, when you speak life with the words you say.  
Raise your thoughts a little higher, use your words to inspire.  
Joy will fall like rain, when you speak life with the things you say.  
Lift your head a little higher; spread the love like fire.  
Hope will fall like rain, when you speak life with the words you say.

Refrain:

Some days, life feels perfect...

\*\*\*\*\*

Deuteronomy 32:1-3 *“Listen you heavens, and I will speak; hear, you earth, the words of my mouth. Let my teaching fall like rain and my words descend like dew, like abundant rain on tender plants. I will proclaim the name of the Lord. Oh, praise the greatness of our God.”* New International Version

Psalm 34:3-4 *“Join me in spreading the news; together let's get the word out. God met me more than halfway, He freed me from my anxious fears.”* The Message

Proverbs 12:25 *“Worry weighs us down; a cheerful word picks us up.”* The Message

Proverbs 15:4a *“Kind words heal and help.”* The Message

Matthew 10:19b-20 *“Don’t worry about what to say or how to say it. The words you should speak will be given to you. For at that moment, it will not be you speaking; it will be the Spirit of your Father speaking through you.”* Voice Translation

Romans 10:8 *“So what exactly was Moses saying? ‘The word that saves is right here, as near as the tongue in your mouth, as close as the heart in your chest. It’s the word of faith that welcomes God to go to work and set things right for us.’”* The Message

Romans 14:19 *“So let’s agree to use all our energy in getting along with each other. Help others with encouraging words.”* The Message

Ephesians 4:29 *“Don’t say anything that would hurt another person. Instead, speak only what is good so that you can give help wherever it is needed. That way, what you say will help those who hear you.”* God’s Word Translation

1 Thessalonians 5:11 *“So speak encouraging words to one another. Build up hope so you’ll all be together in this, no one left out, no one left behind. I know you’re already doing this; just keep doing it.”* The Message

This song represents a life-long challenge. Sometimes, we forget the power of our words, the power to hurt, to tear down, and the power to build up and nurture. As humans, it seems no matter how good our intentions we fall short of the call to speak kindly, to “speak life”. If this is something you struggle with, take the next weeks to look at the words of the song and these Bible verses. Look honestly at your words. Are they kind? Do they “*heal and help*”?

This process is not easy, and it should not be rushed. Honest self-examination takes time. Remember though, God will meet you “more than halfway” and free you from your “anxious fears”. Share your worries and fears with God.

If this is not a challenge for you, use the time to pray for those who do find this a challenge. Ask God to use you to “*build up hope so you’ll all be together in this, no one left out, no one left behind.*”

**“Words kill, words give life; They are either poison or fruit – you choose.”**

Proverbs 18:21      The Message