

Day 1 — Words That Reflect New Life

Scripture

Ephesians 4:25, 29

Reflection

Paul emphasizes that transformed lives produce transformed speech. Lies, gossip, and unwholesome talk belong to the old self. The new life in Christ speaks truth and builds others up.

Illustration

Just as polluted water contaminates everything it touches, careless words poison relationships. Clean water refreshes; gracious words do the same. Our words are very powerful and should be used to build one another up.

Application

Think about your recent conversations. Did your words build others up or tear them down?

Prayer

Lord, set a guard over my mouth. Let my words bring life, encouragement, and truth. Amen.