

YOUR THOUGHTS, YOUR WORDS AND YOUR LIFE

Sylvester Onyemalechi

Many people do not realize that the words they speak are the creation of their thoughts and it creates the experience of their lives. Words have power of life and death. God created the whole world with the words of His mouth. Everything created was created through the spoken word. The Bible teaches that nothing was created without the word.

John 1:1-5

1:1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was with God in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of men. 5 The light shines in the darkness, but the darkness has not understood it.

NIV

Words are so powerful they can drive a man crazy. Words can depress, and cause a man to take his own life. Words can and has caused many to become wicked and destructive. Words cause enmity between two friends, family members and loved ones. Words create hatred in the heart of the hearer against another. Words provoke words. Soft answer turns away wrath. Harsh words provoke war. Words can wound and can heal. Words pierce like a sword and traumatize its victims. Words are seeds that always reproduce itself in the life of the hearer and believer. Words have creative powers – they come to pass. Most importantly, it is the thoughts of the mind of man that motivate each word spoken per time. And the words spoken provoke a reaction or response, which in turn create our experience.

Prov 18:20-21

20 From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied. 21 The tongue has the power of life and death, and those who love it will eat its fruit.

NIV

Words always return something to the one who spoke it. Words spoken are seeds planted and with time will bring back into the life of the speaker a harvest. Your stomach will be filled with harvest of the words your mouth has spoken. The question now is what do you want to see happen in your life or in the life of your loved ones? Say only what you want to see and not what you are seeing that you don't want. Always remember that what you say will always come back to you. It is just a matter of time. It takes time for different seeds to germinate, grow to fruit bearing stage, bear fruit, and mature for harvest. Some words like some seeds produce almost immediately. Some take a while. While some take months and years, but they always bring forth fruit. Your words will come back to you. So be careful what you say and how you say it. For this to happen, you have to be careful what you think, for what you think determines what you say and how you say it.

42 THINGS YOU MUST KNOW ABOUT YOUR THOUGHTS

1. What you think determines what you say, and what you say determines what happens in your life.

2. Your thoughts create your feelings, and your feelings determine how you behave, how you respond and react to situations and people around you, what you say and how you say it; and what you say create your experience.
3. Thoughts make us speak and act the way we do.
4. Behaviour is the result of thoughts, especially intense thoughts about a subject.
5. The intensity of thoughts determines the intensity of feelings, desires, words and actions created. The more you think on a thing the more power you generate for it to influence, control and rule you.
6. As thoughts come alive, so words come true.
7. There is power of life and death in the tongue, and they that know it reap the fruit thereof.
8. What you say create your world of experience. While what you think motivate what you say. To determine your life experience therefore, you have to watch what you think to watch what you say.
9. Every man is the product of his own thoughts – your thoughts make you who you are.
10. Every emotion is the result of the intense thoughts that run through the mind of man from time to time.
11. When there is no thought, there will be no feelings. A change of thoughts will bring about a change of feelings. Your feelings are tied to your thoughts.
12. The way a man feels determine the way he reacts or responds to situations, circumstances and people.
13. Every thought a man thinks is alive and will find expression in the thinker's life.
14. Thoughts are not just idle things or ideas running through the mind of man, but living forces that has power to influence, dominate and control a man's emotions, words, actions and behaviour..
15. What you give your mind to determines what dominates you and runs your life.
16. What you give your mind to determine what and how you feel, what you say and how you say it.
17. What happens in your life are as a result of what you have said and done or failed to do based on your thought life.
18. Life is only a reflection of the thoughts we think continually.
19. All emotions are reflections of the thoughts of the human mind.
20. All words are the reflections of the thoughts of the human mind.
21. All actions and behaviour are the reflections of the human mind.
22. You are what you think continually.
23. To watch your life is to watch your thoughts and keep your emotions under control.
24. You are the creation of your thoughts – your personality, behaviour, habits and character were formed by your daily thoughts.
25. The way you think determines the way you see. The way you see determines the way you act. The way you act determines your habit. And your habit determines your experience.
26. Positive use of the mind brings happiness, good health, success, prosperity and long life. Negative use of the mind brings sadness, depression, high blood pressure, sicknesses and diseases, failure, poverty and untimely death.
27. Happiness, joy, sorrow, pain and sadness are moods influenced and determined by your thoughts.

28. Wisdom teaches that a biased mind will not allow you to see the good in a thing.
29. Never learn about a thing with a pre-conceived notion or belief about that thing. Always empty out the former for you to see well.
30. Mental preparation for any venture is more important than financial and material preparation.
31. The mind is where the battles of life take place. You must learn to manage your thoughts to win this battle daily especially as events unfold.
32. He who controls your mind, controls your life, whatever dominates your mind, directs the course of your words and actions. Be careful what you think on.
33. There is a strong connection between the state of your mind per time and your health. Your thought can give you health and it can destroy it.
34. Success in life is tied to the use of the mind.
35. When you fail to recognize your personal limitations, you become blind to the gifts hidden in those around you.
36. Your perspective to life is a function of your mind.
37. Negative thoughts will produce negative words, actions and lifestyle. Positive thoughts will produce positive words, actions and lifestyle.
38. The state of your mind determines your ultimate status in life.
39. Problems create mental reactions. Negative mental reaction is injurious to man. But, positive mental reaction will create solutions.
40. Fear is an enemy and a state of the mind. It is destructive to vision, plans and the health of man.
41. Your mind can become a spring of life or death, depending on how you use it.
42. Your knowledge and understanding of life determines how you think, reason and react to life experiences. Renew your mind with the word of God and you will think right.

Prov 4 :23

23 Be careful how you think; your life is shaped by your thoughts.

GNB

Prov 23:7

7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

KJV

Prov 27:19

19 For as in water face answers to face, so the mind of man reflects the man.

RSV

13 THINGS YOU MUST KNOW ABOUT WORDS

1. Words give birth to words. It provokes a reaction
2. Words pierce like a sword.
3. Words wound and kill.
4. Words heal and comfort.
5. Soft answer turns away wrath.
6. Words spoken carelessly will produce a destructive result.

7. Words spoken with wisdom from God's word will heal, pacify, mend fences and comfort the angry and wounded.
8. Words are products of a man's thoughts – What a man thinks, determine what he says.
9. Words are seeds that do come to pass with time depending on what is spoken and by whom.
10. Words are messengers that will always deliver the message sent it and return with a report or response.
11. Expect your words to bring back a harvest into your life, for your stomach will be filled with it.
12. There is power of life and death in the tongue – with your mouth you can kill and give life to anything or anyone. Be careful how you use you tongue.

Prov 18:20-21

20 From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied. 21 The tongue has the power of life and death, and those who love it will eat its fruit.

NIV

Prov 12:18

18 Reckless words pierce like a sword, but the tongue of the wise brings healing.

NIV

Col 4:6

6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

NIV

CONCLUSION

It is essential that every believer manage their thoughts. You must as a matter of urgency give yourself to training to guarding your mind against negative and evil thoughts in order to be successful in every area of life. Mind management must be your priority if success in life is on your mind. To guard you tongue, you need to guard you thoughts. To manage your life, you must manage your thoughts.

1 Peter 3:10

10 For, "Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech.

NIV

Always remember, that what you think motivate the words you speak, and what you say with your mouth create your experience in life. Think carefully to say what you want to see and you will have the right experience.