

DAY FIVE

Life and Death is in the Power of Your Tongue



God's Word teaches us that our words hold power. They influence our lives. They make a difference in what we believe and how we behave.

You want to speak truth, right? And that includes speaking and declaring truth over your own body – the temple of God's precious Holy Spirit.

Write seven truths about you and your health. Then begin declaring them over your life.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Healthy Habit: Let Food Be Food

