

Every Idle Word

& HOW TO TRANSFORM THEM



STICKS AND STONES



Andrew Newberg and
Mark Robert Waldman

WORDS CAN CHANGE YOUR BRAIN



How to Build
Trust, Resolve Conflict
and Increase Intimacy

A single word has the power to change the expression of your genes that regulate physical and emotional stress.

Andrew Newberg and
Mark Robert Waldman

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How to Build
Trust, Resolve Conflict
and Increase Intimacy

Negative words release
stress and anxiety-
inducing hormones.

Increased levels of
anxiety in children are
related to higher rates of
negative self talk.

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How to Build
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These increased anxiety and stress hormones can lead to a myriad of physical health issues as well.

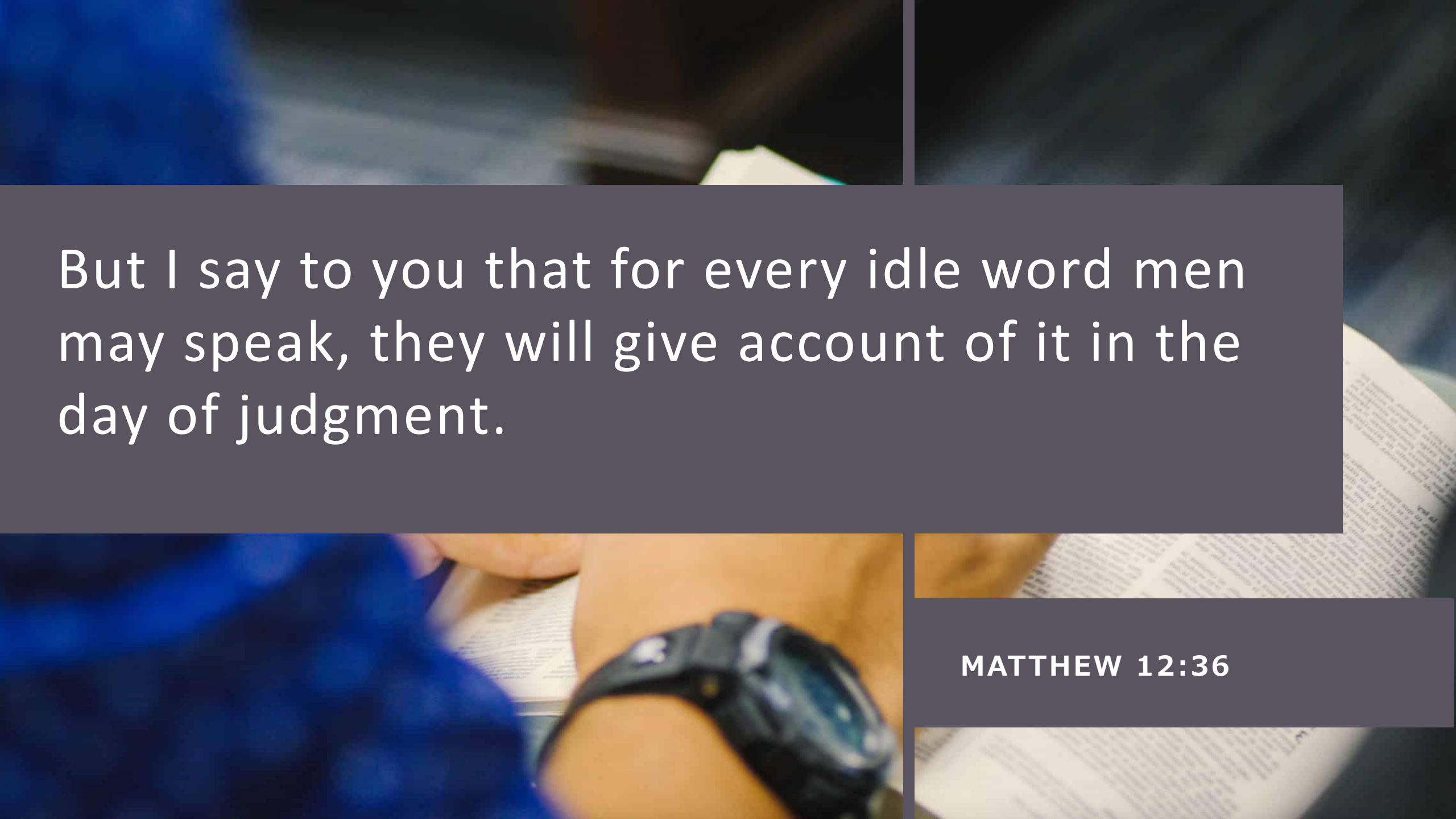
Andrew Newberg and
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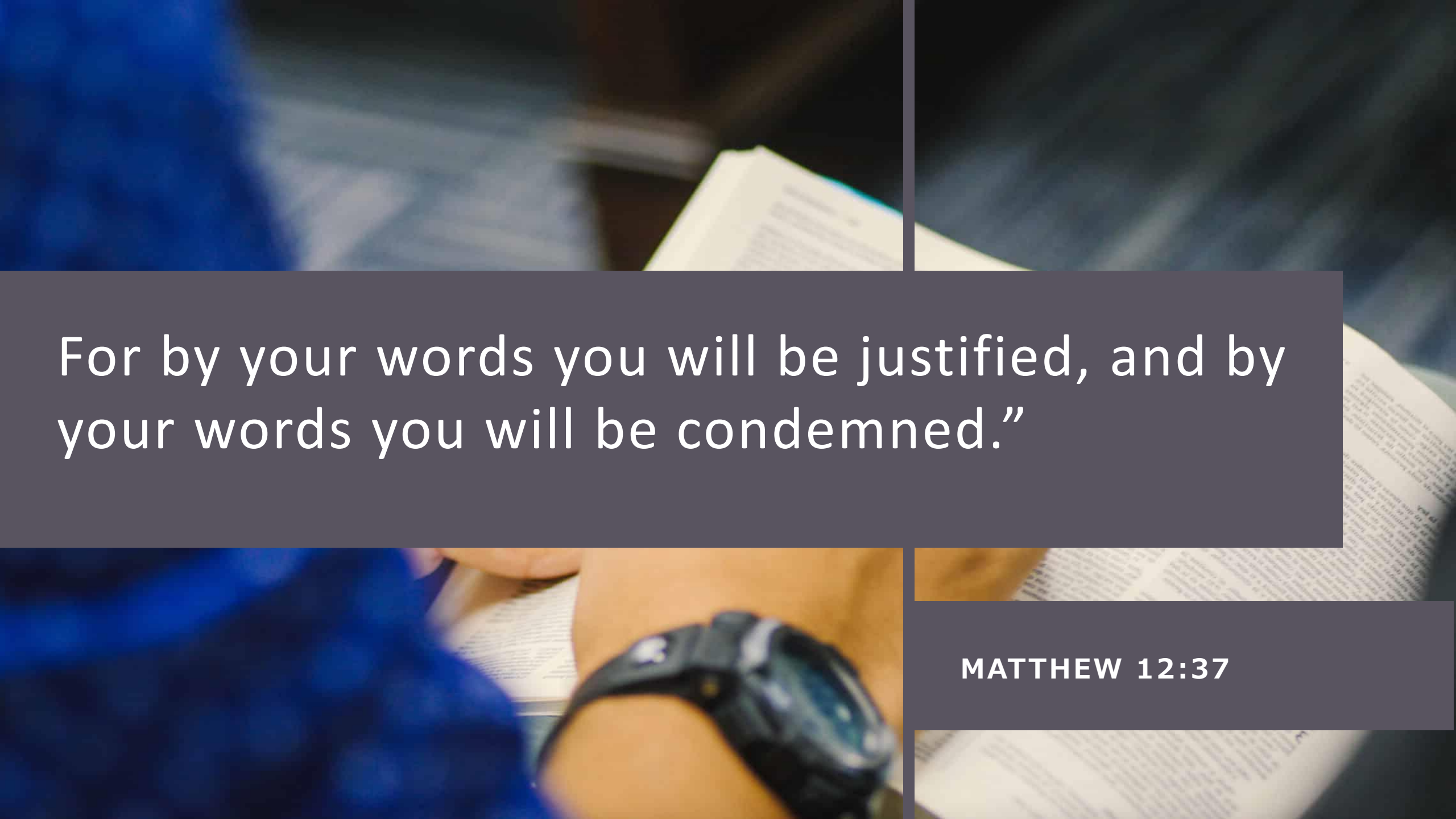
**How to Build
Trust, Resolve Conflict
and Increase Intimacy**

Ultimately, negative words-whether spoken, heard, or thought-not only cause situational stress, but also contribute to long term anxiety and physical health problems.

A close-up photograph of a person's hand holding a newspaper. The person is wearing a blue plaid shirt and a black digital watch with a blue face. The background is blurred, showing more of the newspaper and the person's arm.

But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.

MATTHEW 12:36

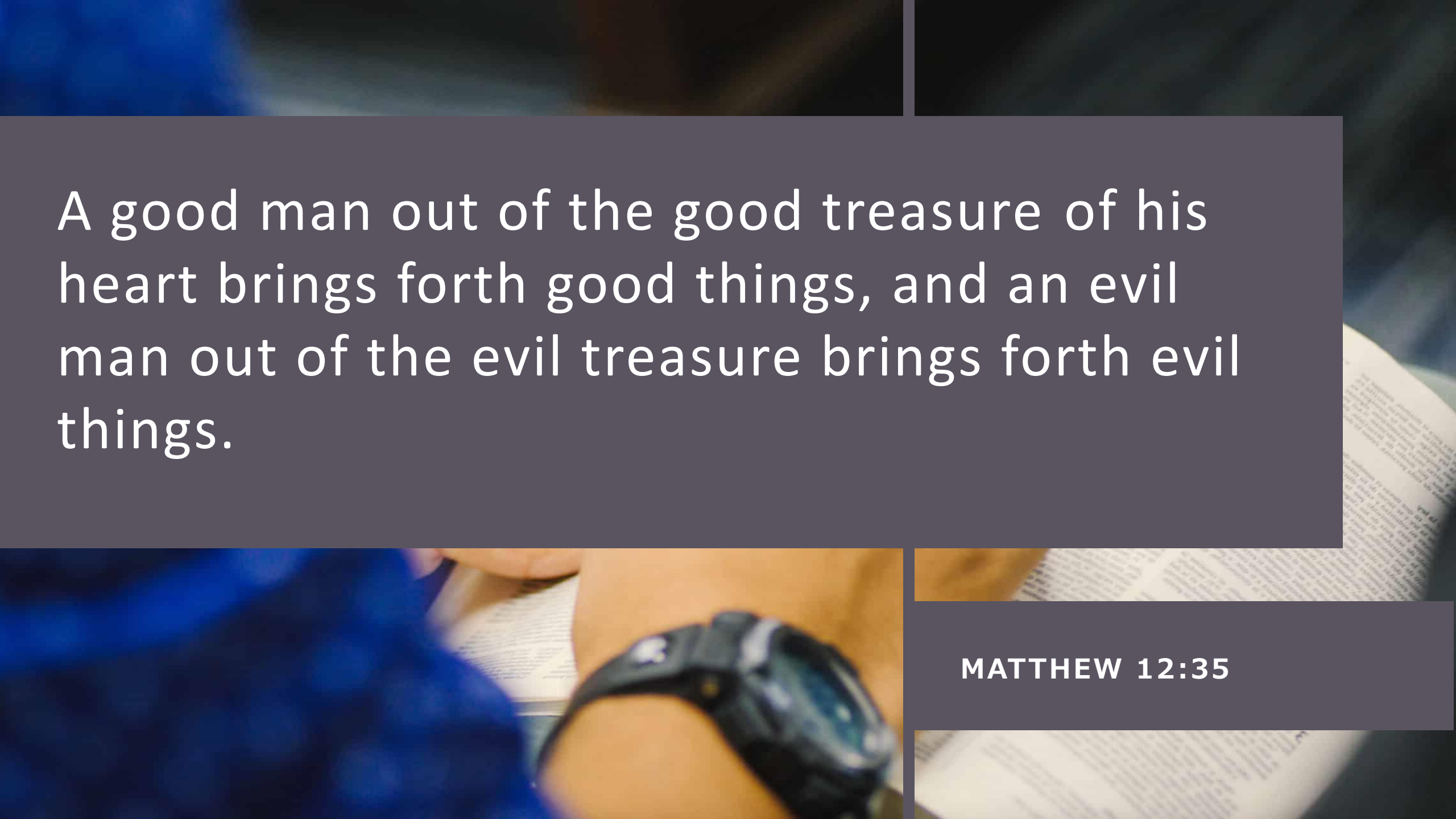
A close-up photograph of a person reading a book. The person is wearing a blue shirt and a black watch with a blue face. The book is open, and the text is visible on the pages. The background is blurred, showing more of the book and the person's hands.

For by your words you will be justified, and by your words you will be condemned.”

MATTHEW 12:37

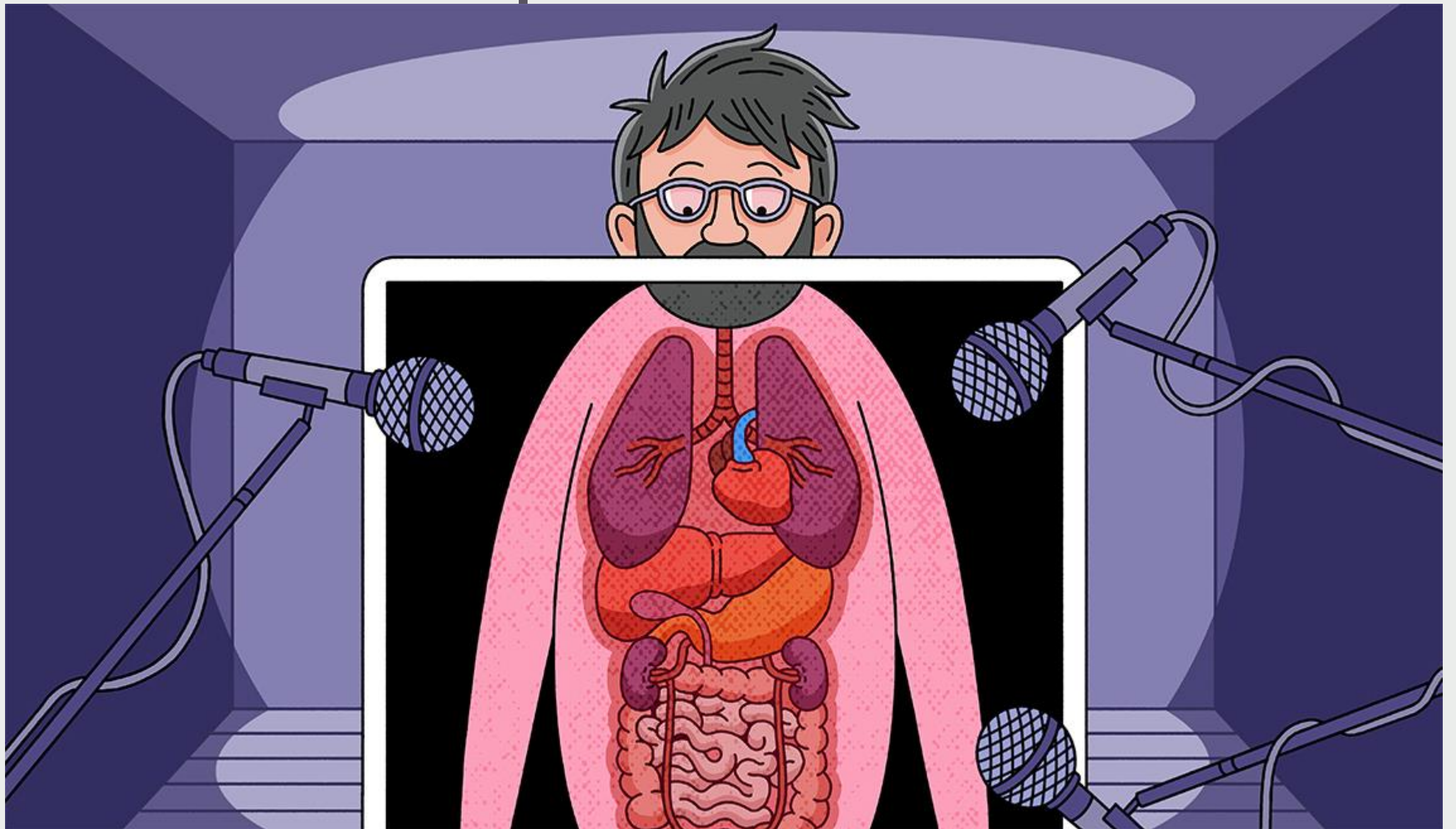


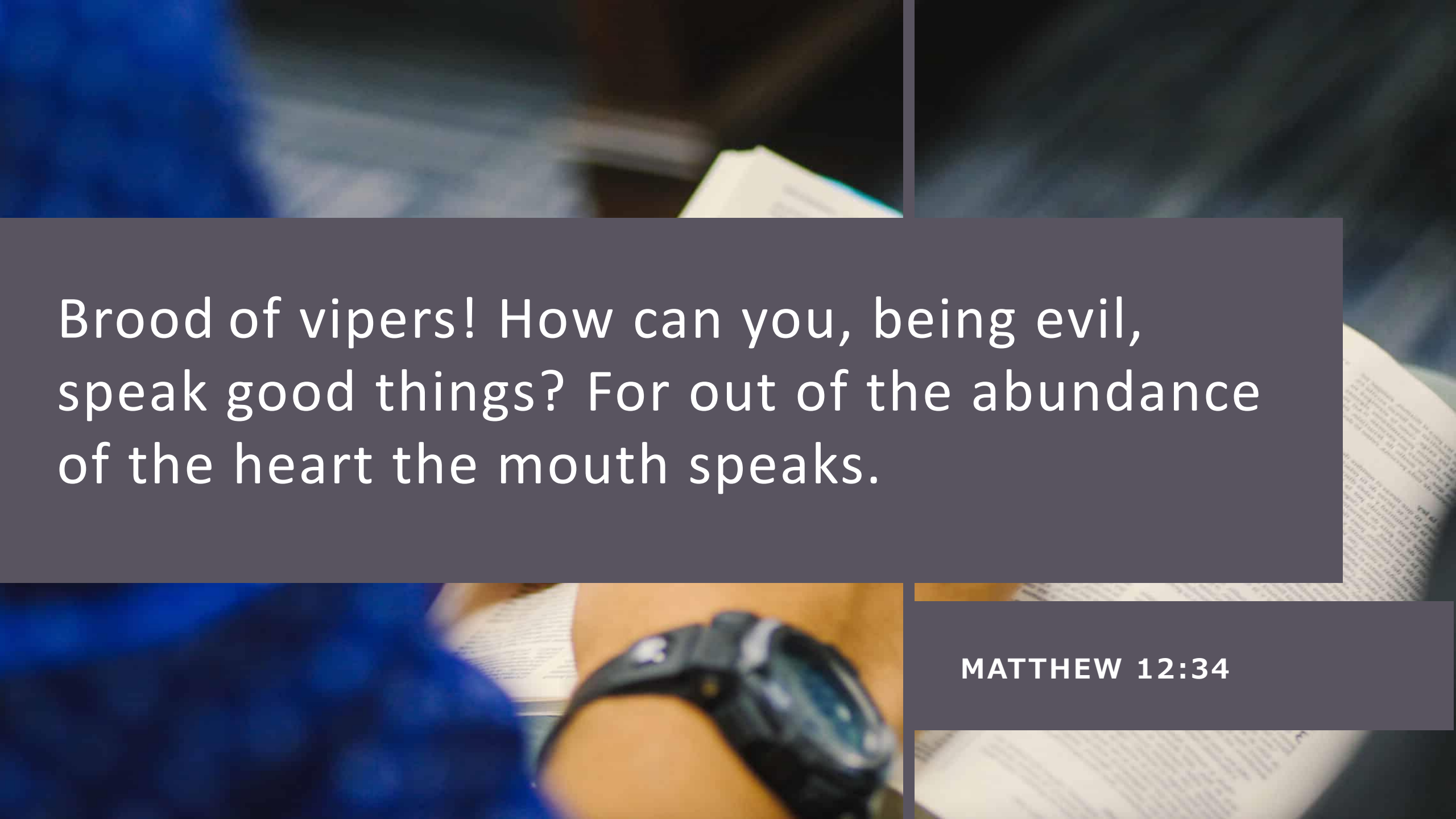
No wonder God tells us we'll be judged by what comes out of our mouths.

A close-up photograph of a person's hand holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue display. The background is dark and out of focus.

A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.

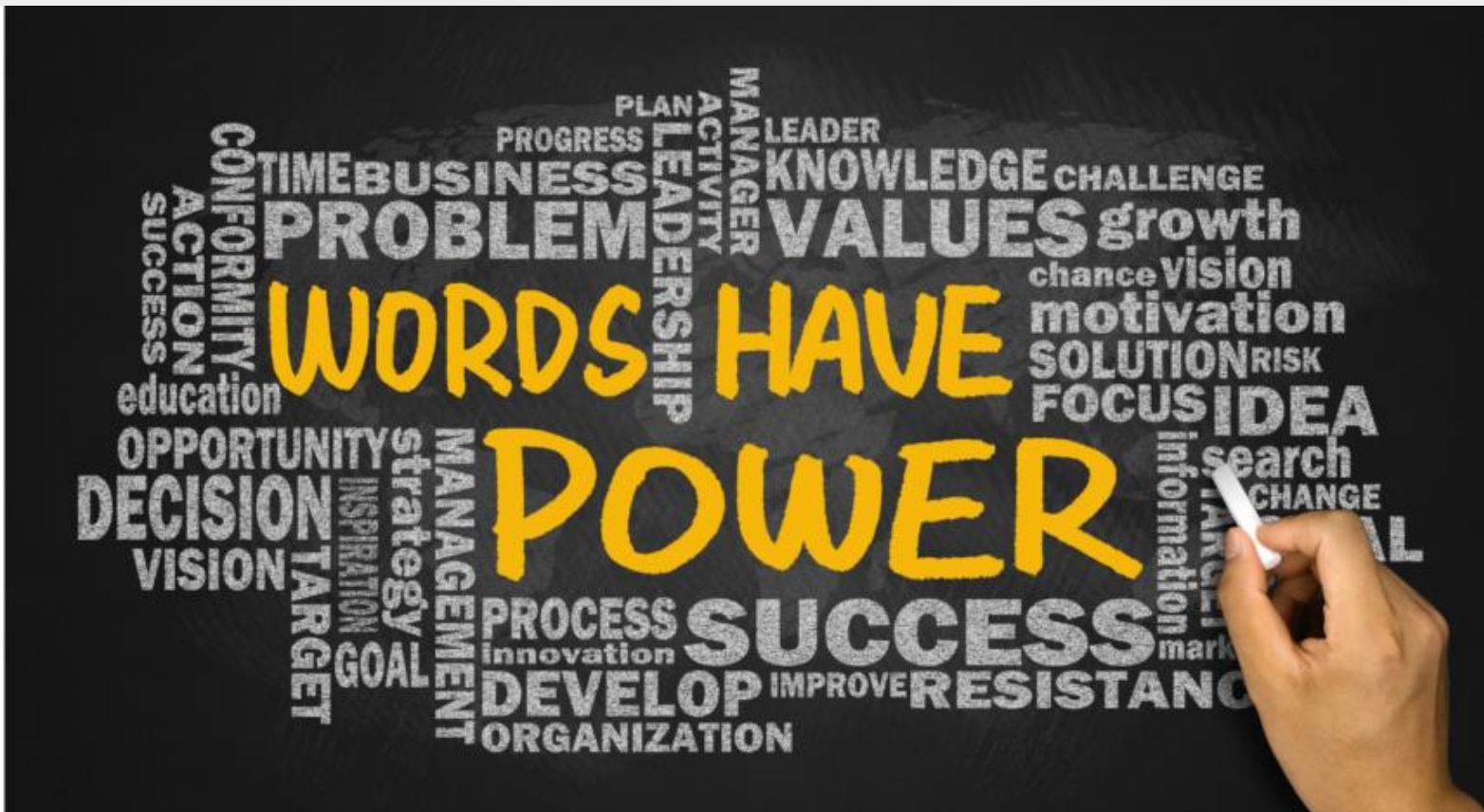
MATTHEW 12:35



A close-up photograph of a person's hand holding an open book. The person is wearing a blue watch with a black strap on their wrist. The background is a blurred blue fabric. A dark grey semi-transparent box is overlaid on the image, containing white text.

Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks.


MATTHEW 12:34



There's no such thing as an unimportant act, or an unimportant word.



The root of the problem of a dead/dying tree?



“Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by *its* fruit.

MATTHEW 12:33

**The power of
words and
making fun of
people.**

**Michael Jackson Talks to
Oprah 1993**





10 DAYS OF
PRAYER
PRIORITIES OF FAITH



10 DAYS OF PRAYER

PRIORITIES OF FAITH

PRAYER INITIATIVES:

A – Evangelism, Seminar

B - A local Adventist School

C - Our churches health and growth

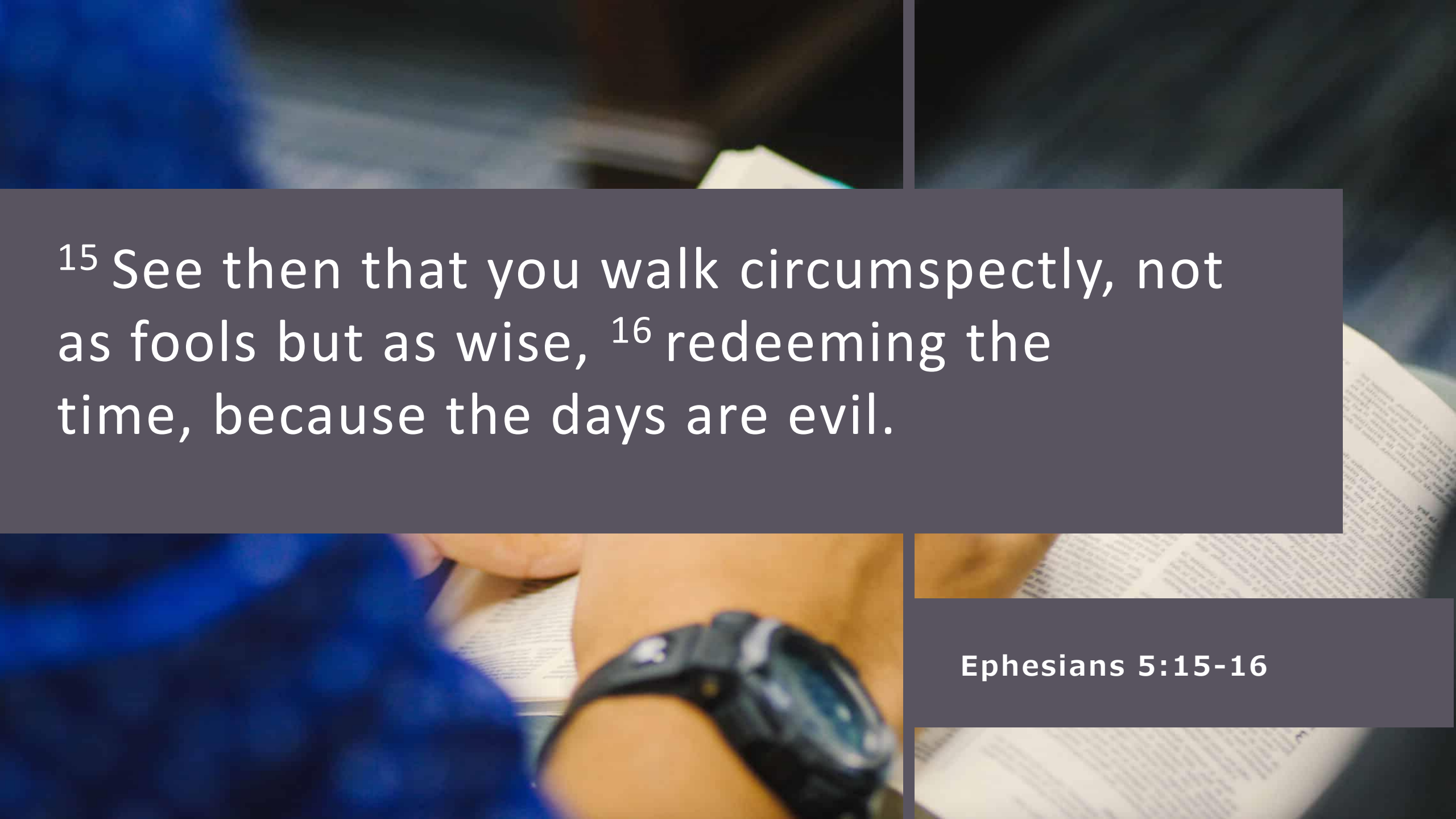


10 DAYS OF PRAYER

PRIORITIES OF FAITH

DAY 1:

LESS IS MORE

A close-up photograph of a person's hand holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face. The background is dark and out of focus.

¹⁵ See then that you walk circumspectly, not as fools but as wise, ¹⁶ redeeming the time, because the days are evil.

Ephesians 5:15-16

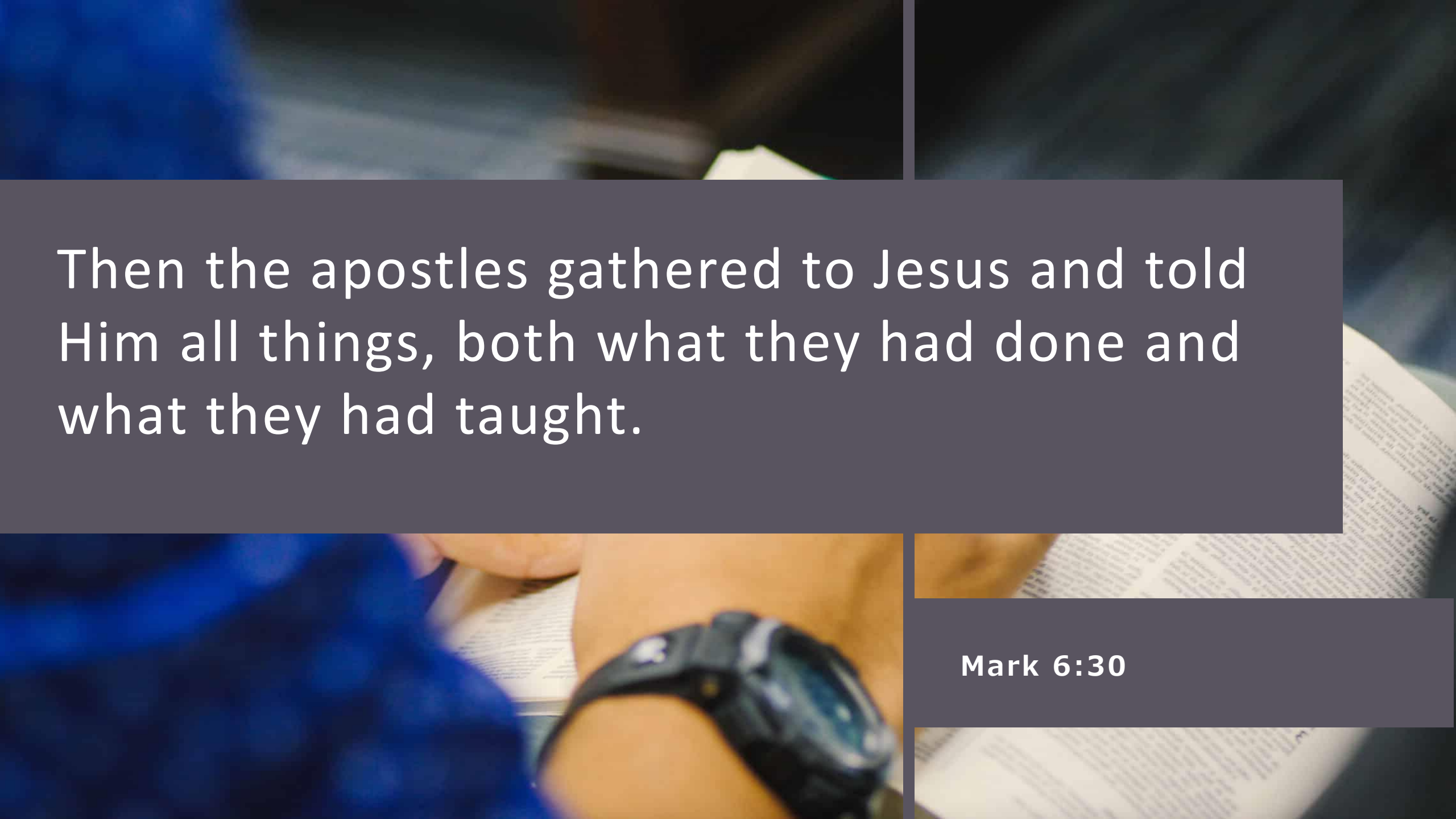


10 DAYS OF PRAYER

PRIORITIES OF FAITH

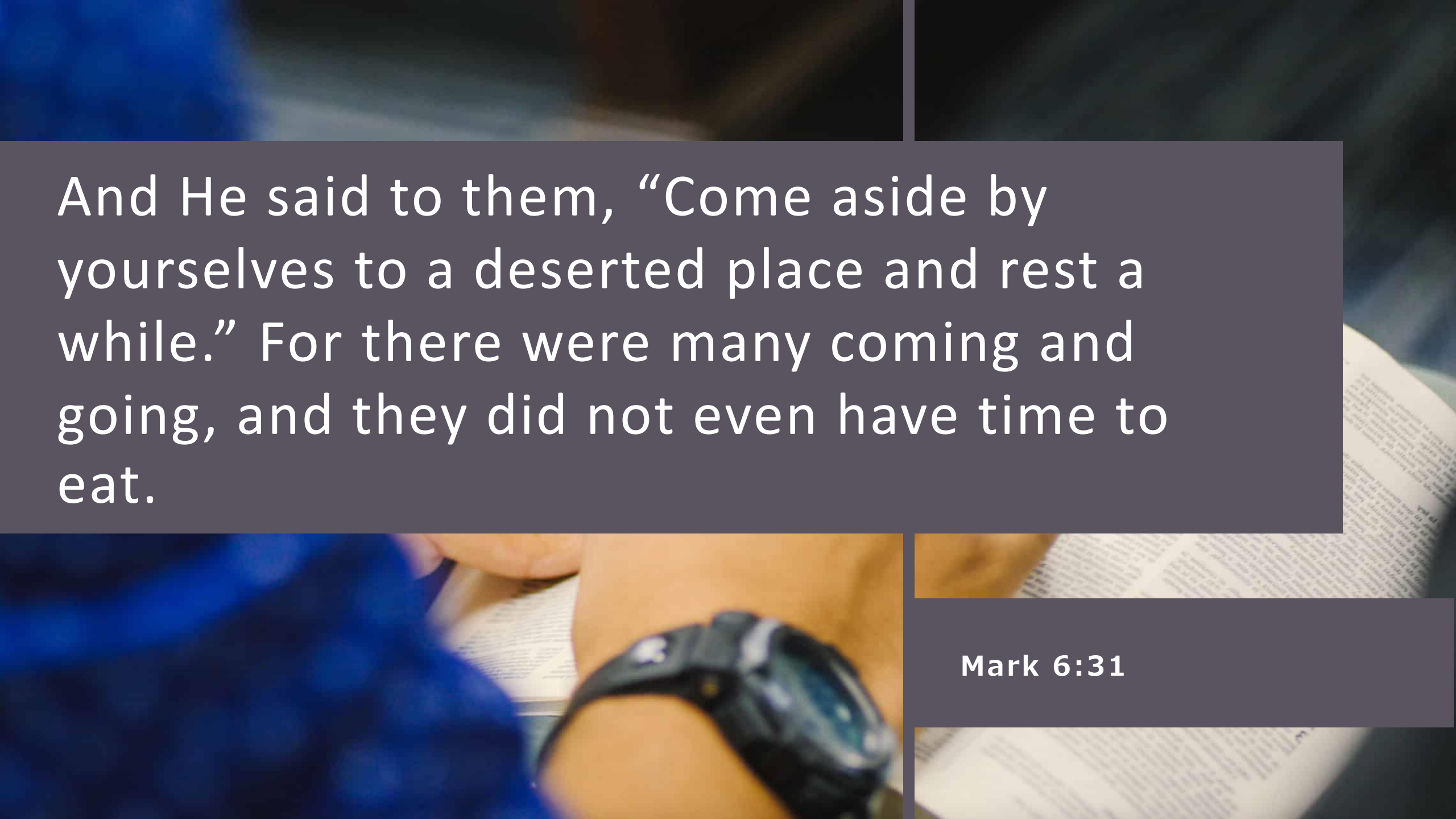
DAY 2:

THE DANGER OF BEING BUSY
FOR GOD

A close-up photograph of a person's hand holding a newspaper. The person is wearing a blue plaid shirt and a black digital watch with a blue face. The background is dark and out of focus.

Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught.

Mark 6:30

A close-up photograph of a person's arm and hand. The person is wearing a blue plaid shirt and a black digital watch with a black strap. They are holding a newspaper, and the text on the page is visible but blurred. The background is dark and out of focus.

And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat.

Mark 6:31

A close-up photograph of a person's hands holding an open book. The person is wearing a blue long-sleeved shirt and a black digital watch on their left wrist. The background is dark and out of focus, suggesting an interior setting like a boat. The text is overlaid on a dark grey rectangular background.

So they departed to a deserted place in the boat by themselves.

Mark 6:32

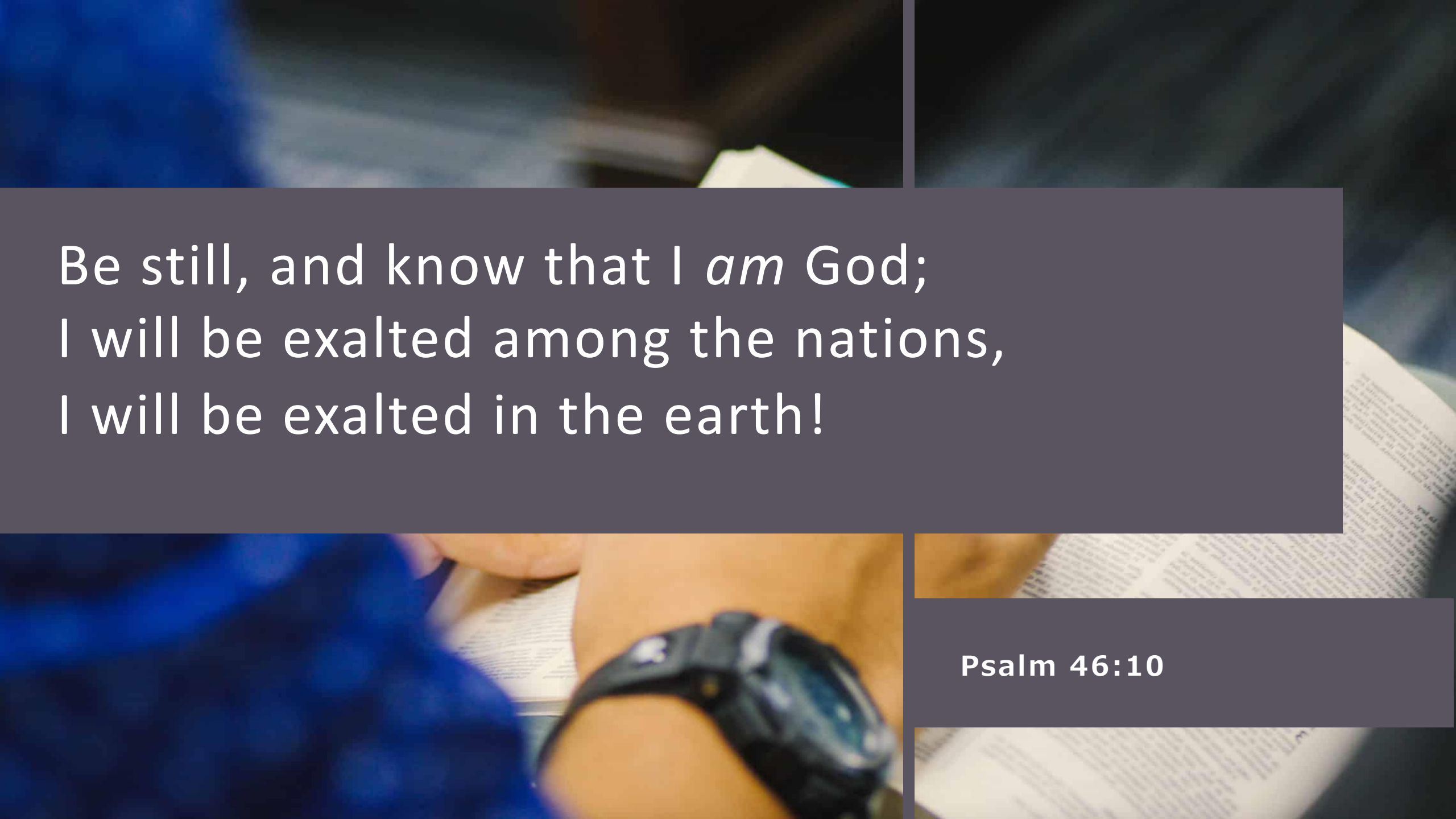


10 DAYS OF PRAYER

PRIORITIES OF FAITH

DAY 3:

THE BLESSING OF WAITING

A close-up photograph of a person's hands holding an open book. The person is wearing a blue long-sleeved shirt and a black digital watch with a blue face on their left wrist. The background is dark and out of focus.

Be still, and know that I *am* God;
I will be exalted among the nations,
I will be exalted in the earth!

Psalm 46:10

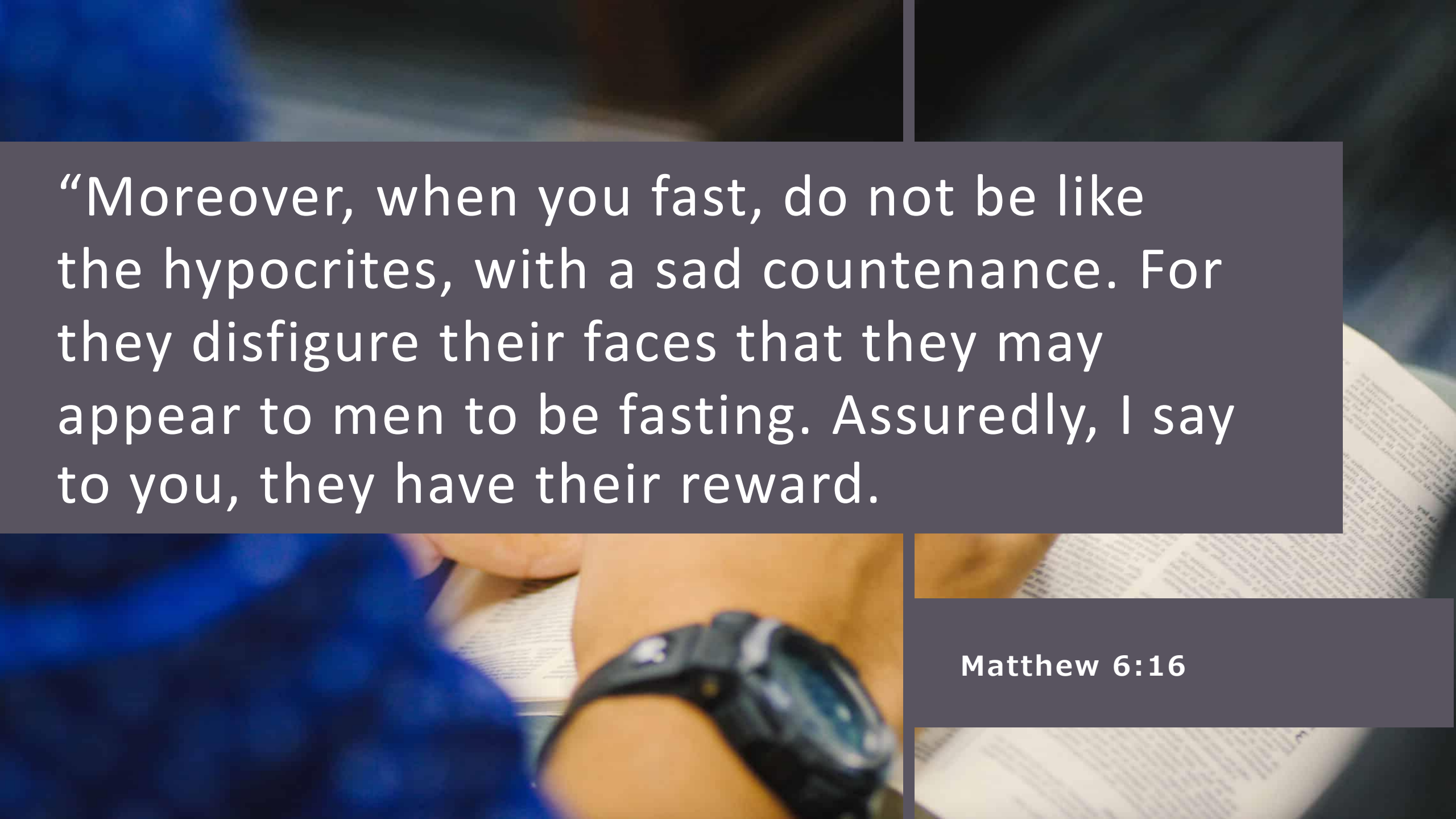


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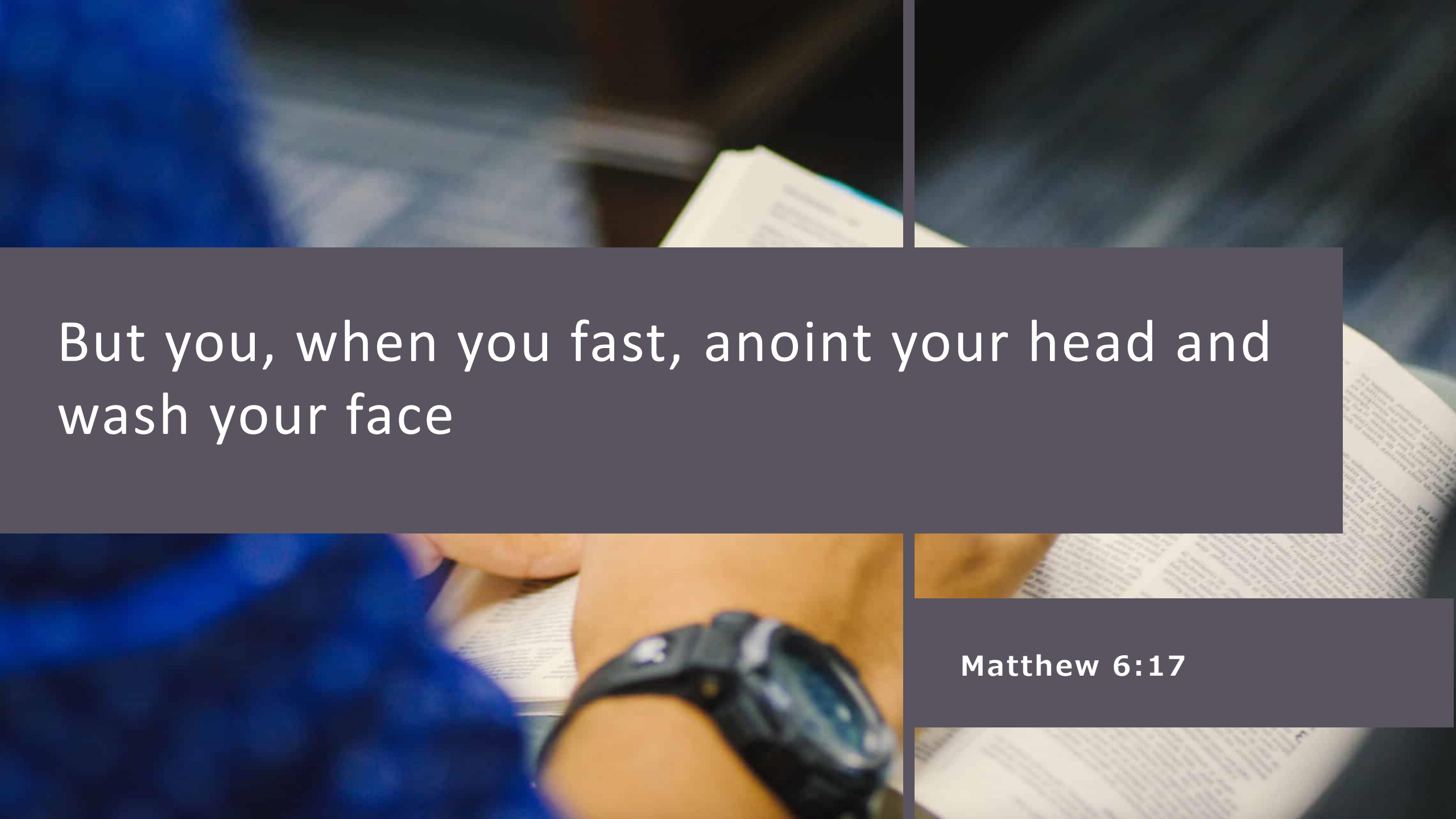
DAY 4:

THE FREEDOM OF A FOCUSED
LIFE OF SIMPLICITY

A close-up photograph of a person's hand holding an open book. The person is wearing a blue long-sleeved shirt and a black digital watch with a blue face on their left wrist. The background is dark and out of focus.

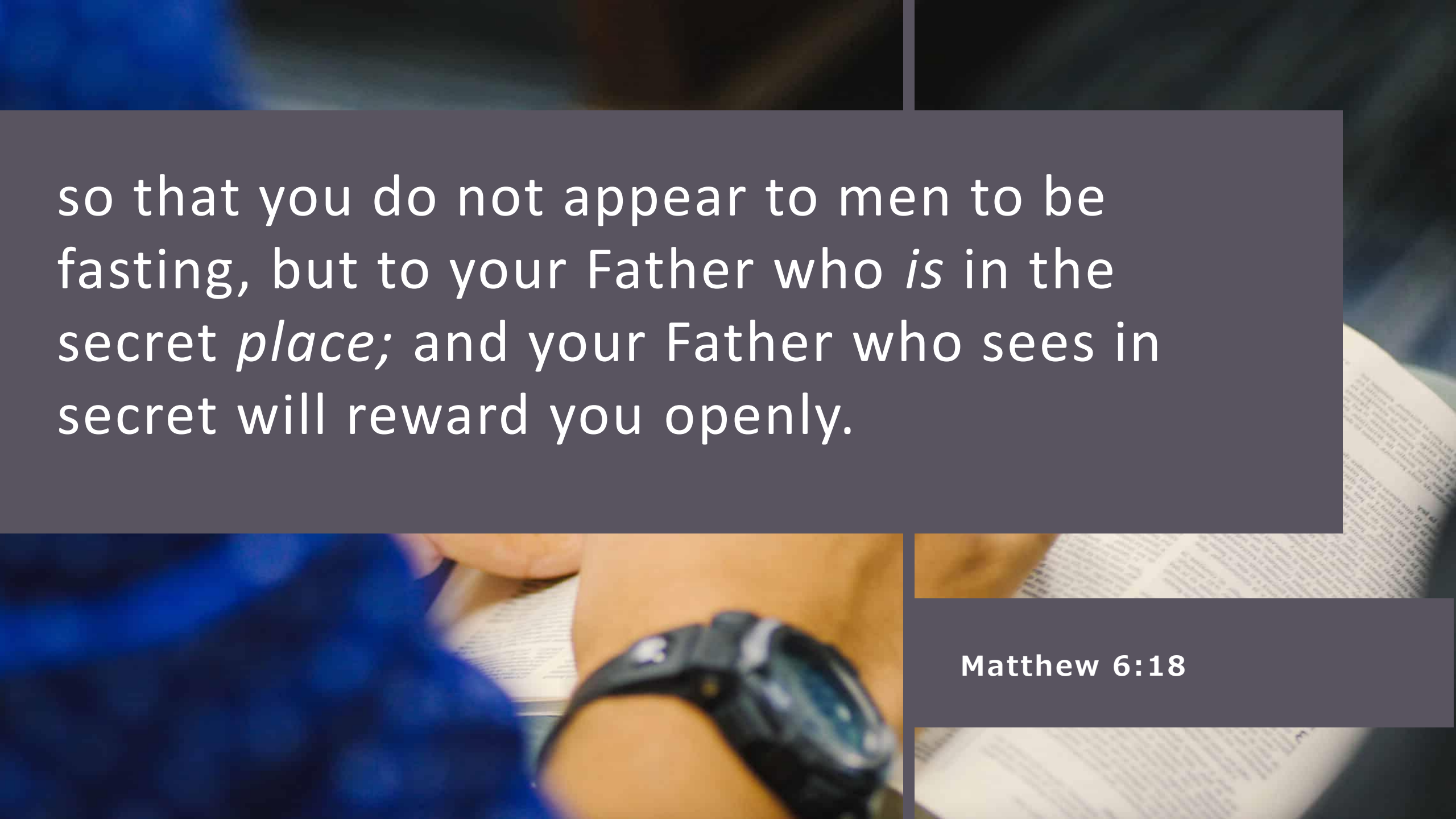
“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

Matthew 6:16

A close-up photograph of a person's hands holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face on their left wrist. The background is dark and out of focus.

But you, when you fast, anoint your head and wash your face

Matthew 6:17

A close-up photograph of a person's hand holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face. The background is dark and out of focus.

so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

Matthew 6:18

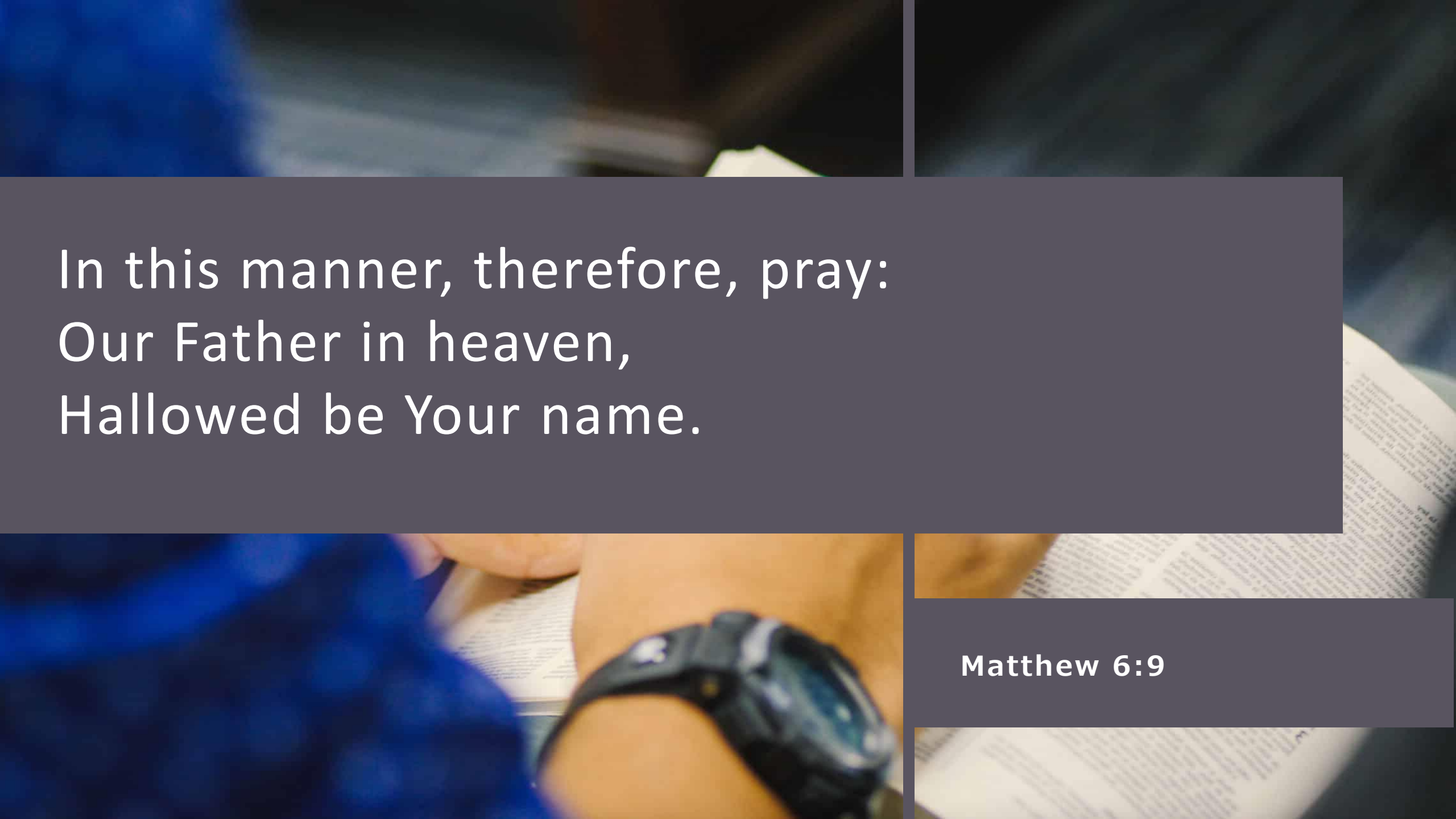


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PRIORITIES OF FAITH

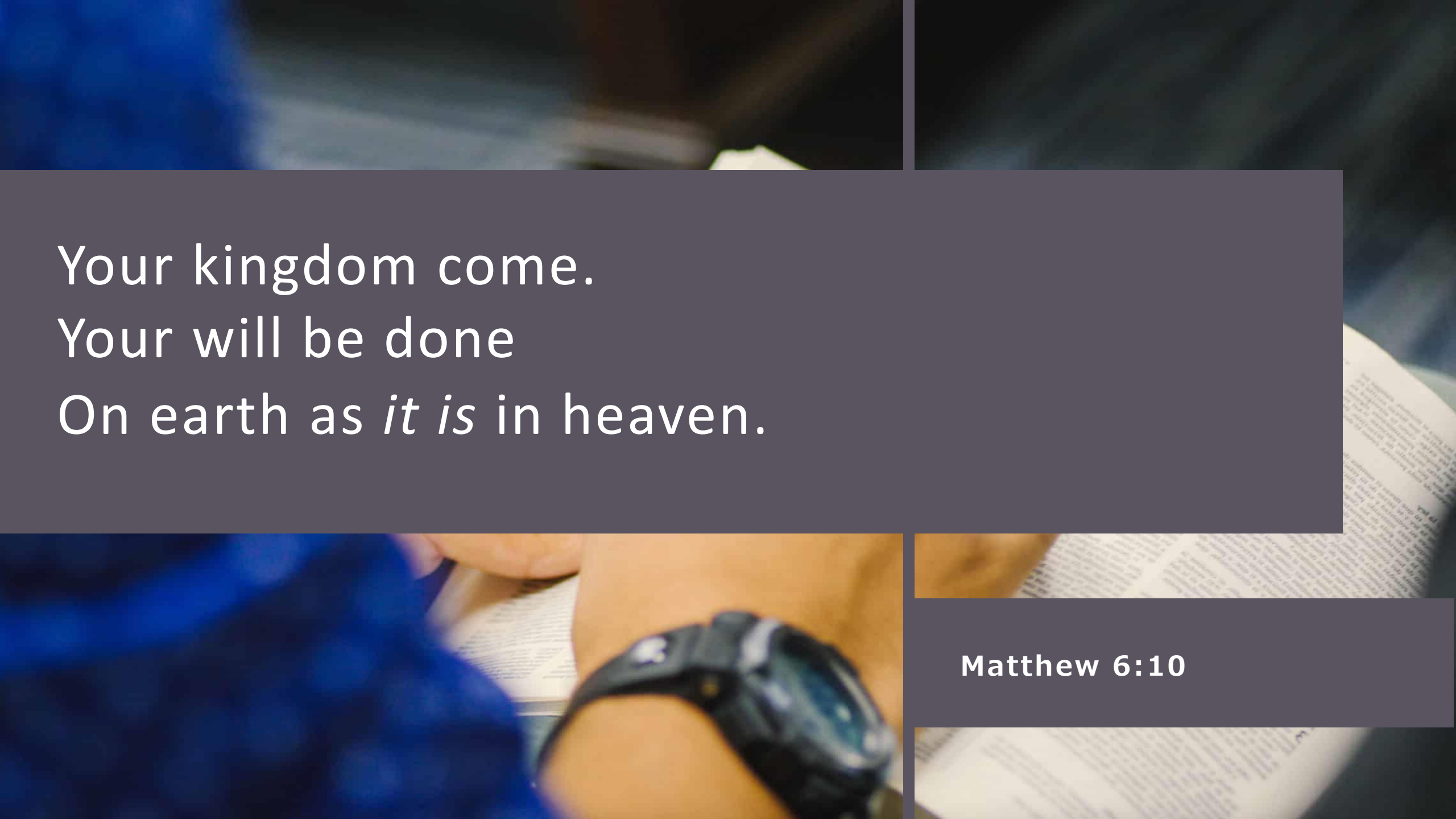
DAY 5:

**FOCUSING ON THINGS THAT
MATTER IN OUR PRAYERS**

A close-up photograph of a person's hand holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face. The background is dark and out of focus.

In this manner, therefore, pray:
Our Father in heaven,
Hallowed be Your name.

Matthew 6:9

A close-up photograph of a person's hand holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue display. The background is dark and out of focus.

Your kingdom come.
Your will be done
On earth as *it is* in heaven.

Matthew 6:10




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PRIORITIES OF FAITH

DAY 6:

GRIT, PASSION, AND
PERSISTENCE

A close-up photograph of a person's hands holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face on their left wrist. The background is dark and out of focus.

And let us not grow weary while doing good,
for in due season we shall reap if we do not
lose heart.

Galatians 6:9

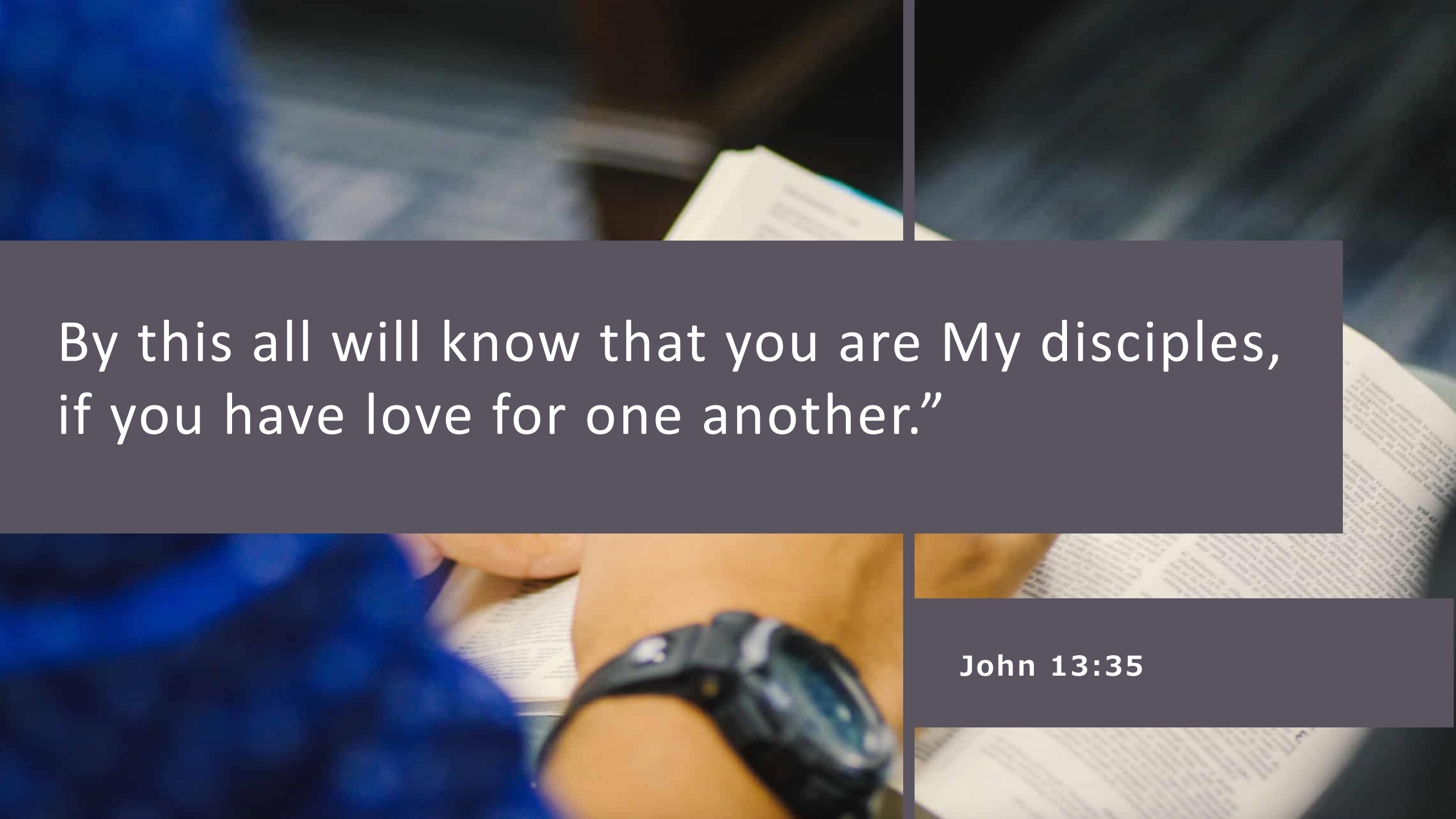


10 DAYS OF PRAYER

PRIORITIES OF FAITH

DAY 7:

THE VALUE OF
BEING KIND

A close-up photograph of a person's hands holding an open book. The person is wearing a blue long-sleeved shirt and a black digital watch with a blue face on their left wrist. The background is dark and out of focus.

By this all will know that you are My disciples,
if you have love for one another.”

John 13:35

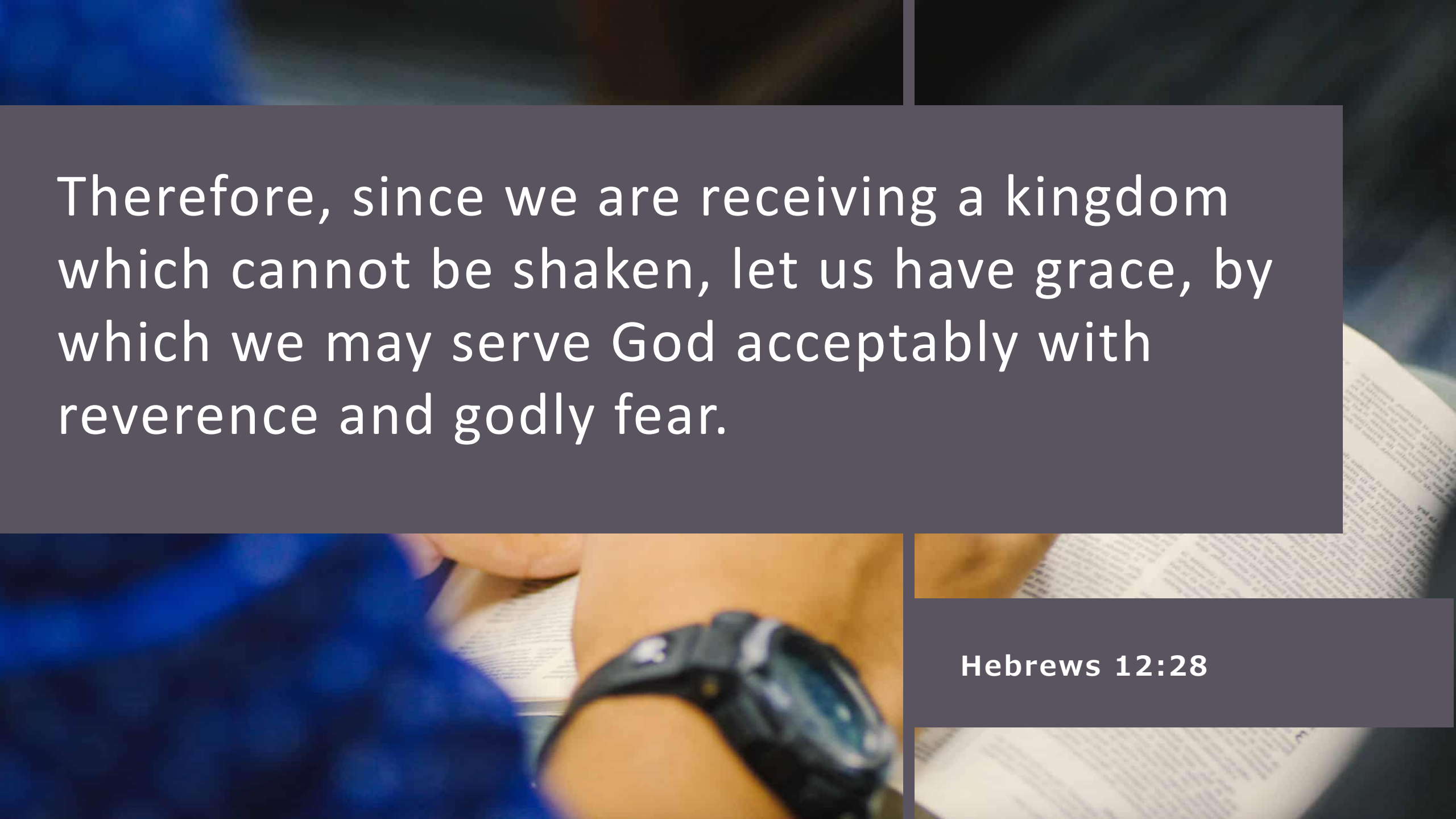


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PRIORITIES OF FAITH

DAY 8:

PRACTICING AN ATTITUDE OF
GRATITUDE

A close-up photograph of a person's arm and hand. The person is wearing a blue long-sleeved shirt and a black digital watch with a black strap. They are holding an open book, and the pages are visible. The background is slightly blurred, showing more of the book and the person's hand.

Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with reverence and godly fear.

Hebrews 12:28



10 DAYS OF PRAYER

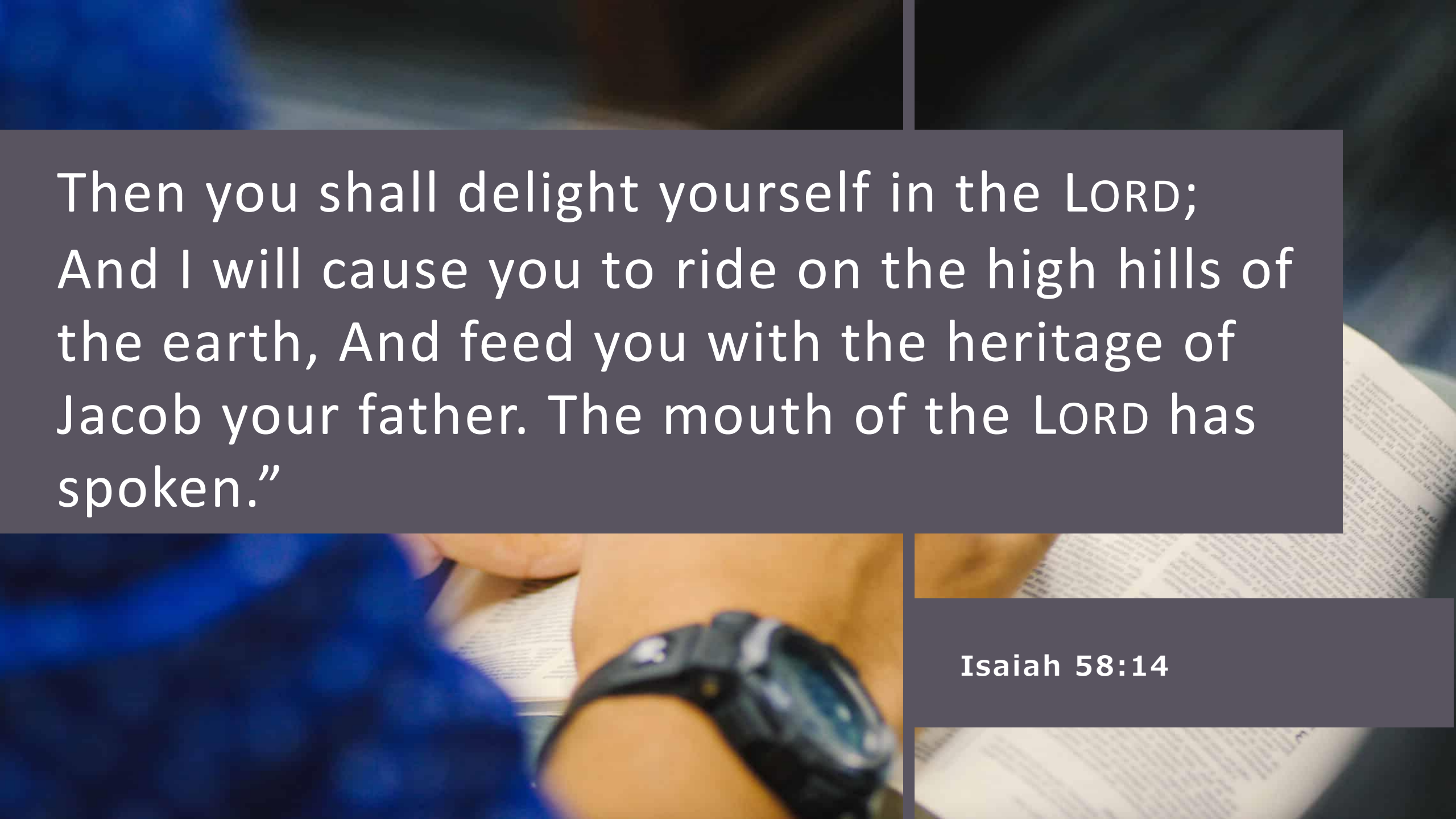
PRIORITIES OF FAITH

DAY 9:

THE BLESSING OF
THE SABBATH

“If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy *day* of the LORD honorable, And shall
honor Him, not doing your own ways,
Nor finding your own pleasure, Nor
speaking *your own* words,

Isaiah 58:13

A close-up photograph of a person's hand holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face. The background is dark and out of focus.

Then you shall delight yourself in the LORD;
And I will cause you to ride on the high hills of
the earth, And feed you with the heritage of
Jacob your father. The mouth of the LORD has
spoken.”

Isaiah 58:14



10 DAYS OF PRAYER

PRIORITIES OF FAITH

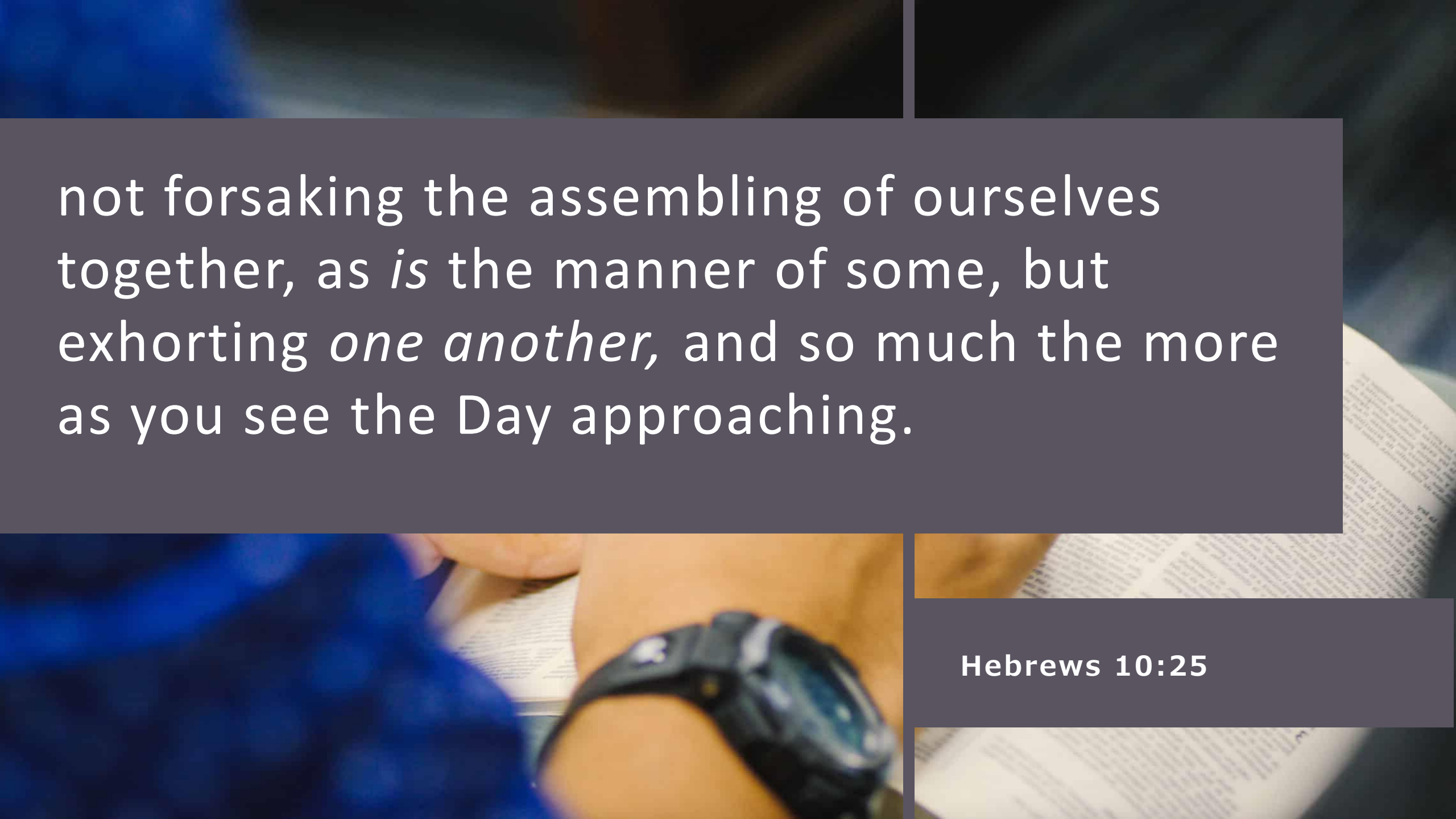
DAY 10:

Be Rich in What Matters

A close-up photograph of a person's hands holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face on their left wrist. The background is dark and out of focus.

And let us consider one another in order to
stir up love and good works,

Hebrews 10:24

A close-up photograph of a person's hand holding an open book. The person is wearing a blue plaid shirt and a black digital watch with a blue face. The background is dark and out of focus.

not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.

Hebrews 10:25



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PRIORITIES OF FAITH

NOW WHAT?



10 DAYS OF PRAYER

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Every Idle Word

& HOW TO TRANSFORM THEM

