

# YOUR SUPERPOWER

## Change Your Words, Change Your Life

Ephesians 4:1-8(NIV): "I urge you to live a life worthy of the calling you have received. <sup>2</sup> Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup> Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup> There is one body and one Spirit, just as you were called to one hope when you were called; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who is over all and through all and in all. <sup>7</sup> But to each one of us grace has been given as Christ apportioned it. <sup>8</sup> This is why it says: 'When he ascended on high, he took many captives and gave gifts to his people.'"

Ephesians 4:15(NIV): "...speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

How Do We Connect With God?

Hosea 14:2(NIV): "Take words with you and return to the Lord."

Proverbs 18:21(NIV): "The tongue has the power of life and death."

"When you engage in spiritual practices, especially those involving language—like prayer, chanting, or reading sacred texts—you activate specific neural circuits that can profoundly alter your perception of reality and your experience of the divine." Dr. Andrew Newberg

Psalm 119:11(NIV): "I have hidden your word in my heart that I might not sin against you."

How Does God Heal Us?

Psalm 107:20(NIV): "He sent out his word and healed them; he rescued them from the grave."

Proverbs 12:18(ERV): "...words can heal."

Proverbs 16:24(NIV): "Gracious words are a honeycomb, sweet to the soul and healing to the bones."

"language builds cortex" Dr. Bruce Perry(Born For Love)

The Power of Language(Based on Bruce Perry)

- Language builds cortex
- Words are relational tools
- Trauma disrupts language
- Language rewires the brain
- "We speak our way to healing"
- The absence of language delays development

"Words are tools for building emotion..... You can't feel an emotion until your brain has constructed it..... The more words you know, the more finely your brain can construct emotional meaning..... If you

can name it, you can tame it..... Words are a secret weapon for regulating emotion..... When it comes to emotions, your perceptions are reality." Dr. Lisa Feldman Barrett (How Emotions are Made)

Deuteronomy 6:6,7(CSB): "These words that I am giving you today are to be in your heart. 7 Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up."



Hosea 2:14(GNT): "So I am going to take her into the desert again; there I will win her back with words of love."

Your superpower is your words—change your words, change your life.

*All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.*