

7-DAY SPEAK LIFE CHALLENGE

*Encourage someone daily.
Your words matter more than you think.*

This challenge is all about speaking intentionally, because your words carry weight. In a world filled with criticism and comparison, speaking life becomes an act of obedience, healing, and love. Each day gives you a prompt, a verse, and a simple challenge to encourage someone (or yourself). Whether you're writing a text, praying over someone silently, or posting something publicly, your words can change atmospheres! Let them reflect the heart of Jesus!

Invite a friend to do this with you, or post a story each day using the hashtag **#SpeakLifeChallenge** to share the encouragement forward. One word of kindness can ripple further than you'll ever see.



"Encourage one another and build each other up..." – 1 Thessalonians 5:11

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God, show me who needs a word from You today. Help me be bold in speaking kindness, truth, and life; not for attention, but out of love. Use my words to uplift someone today. Amen.

"Let your speech always be gracious..." – Colossians 4:6

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Lord, open my eyes to people I usually overlook. Help me see them the way You do—and give me the courage to speak grace and encouragement even in passing moments. Amen.

"I praise You because I am fearfully and wonderfully made..." – Psalm 139:14

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(Example: "I am chosen. I am not alone. I am being renewed.")

[illegible]

Jesus, help me silence the lies I've believed about myself. Speak Your truth into my heart, and help me replace shame or insecurity with Your voice of love and purpose. Amen.

DAY 4: USE YOUR PLATFORM

"Let everything you say be good and helpful..." – Ephesians 4:29

What kind of tone do I usually set online?—intentionally or not.

Challenge: Post a kind or encouraging comment on someone's social media—or share a short encouraging post to your story.

Did it feel different to intentionally use your voice online for good?

CLOSING PRAYER

God, may my online presence reflect Your heart. Let the things I say, post, and comment carry Your peace, not pressure. Use my words to spread light, not noise. Amen.

DAY 5: PRAY FOR OTHERS

"I urge that supplications, prayers... be made for all people." – 1 Timothy 2:1

Who is someone I don't feel comfortable talking to, but I can still lift up in prayer?

Challenge: Choose someone (even a stranger or someone hard to love) and pray for them with intention and sincerity.

How did your heart shift when you prayed for them?

CLOSING PRAYER

Lord, soften my heart toward those I struggle to love. Teach me to bless in prayer, even when I don't get the chance to speak it out loud. Let me carry Your grace into every space I enter. Amen.

**"Anxiety in a man's heart weighs him down, but a good word makes him glad."
– Proverbs 12:25**

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Father, help me not to delay the words You put on my heart. Make me quick to build others up and slow to stay silent when someone needs hope. Amen.

DAY 7: REFLECT & REPEAT

"Death and life are in the power of the tongue." – Proverbs 18:21

What has speaking life this week shown me about my words and their impact?

Challenge: Journal about what this week has taught you. Then encourage one more person—who hasn't heard it from you yet through this challenge.

What new habits will you take with you from this challenge? Are there any current habits you'll let go of?

CLOSING PRAYER

Jesus, thank You for using even my small words to do big things. Teach me to speak life as a lifestyle, not just for seven days. Help me to be someone who reflects Your love through every word I speak. Amen.