

**Introduction:**

- Using Steve and Wendy Backlund book: Igniting Faith in Forty Days.
  - 40 Days to Empowered Words and Ignited Faith.
  - Where are we going?
    - 40 Days of Negativity Fasting and Positivity Feasting.
- The purpose is to remove from our thinking negative thoughts and speech that lead to doubt and unbelief. It is to challenge us to let go of our pet devils (my arthritis, my bad back, my allergies, etc.) It is about bringing a Kingdom culture into our thought life.
- What a Negativity Fast is Not:
  - It is not denying that problems exist
  - It is not "stuffing things" that are wrong
  - It is not critical of others who may be struggling
  - It is not irresponsible concerning things that need to be done
- What a Negativity Fast Is:
  - It is determining to focus more on God's promises than on problem.
  - It is learning to speak with hope about even the toughest of issues
  - It is becoming "solution focused" rather than "problem focused"
  - It is refraining from reacting and giving voice to pessimism, criticism of others, self-criticism and other forms of unbelief.
  - It is speaking about problems to the right people in the right way.
  - It is replacing negative words & thoughts with positive words & thoughts based on the promises of God
- *"For a good tree does not bear bad fruit, nor does a bad tree bear good fruit. For every tree is known by its own fruit. For men do not gather figs from thorns, nor do they gather grapes from a bramble bush. A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks." (Luke 6:43-45, NKJV)*

**I. Wet Words Cause Soggy Faith**

- A. What are "wet words"? Wet words are any words that we speak that nullify the word of God, cause doubt to reign over the word of God. Simply said, Wet words are words that are contrary to the thoughts of God.
- B. If we are going to eradicate 'wet words' from our speech then it is important that we are able to identify them. What are some of the words we use that are contrary to the thoughts of God about us? We must ask ourselves this question. Words are either Life/ Death, blessing or cursing. Words begin as thoughts and then they are spoken.
  1. What are some words that we think.
    - a) "I am stupid."
    - b) "I'm a failure."

- c) "I'm ugly." or "I'm not pretty."
  - d) "I will never be good enough."
  - e) "Nobody loves me."
  - f) "I hate my life."
2. What are some words that we say based on what we think?
- a) I am stupid = "I can't do this. I'll never be smart. I just can't learn."
  - b) I am a failure = "I am a poor wife. I'll never be able to hold a job. I am poor parent. Everything I do goes wrong. Why doesn't anything go right for me. When will it be my turn."
  - c) Nobody loves me = "My parents hate me. My child hates me. Nobody wants me around. I'm not welcome. I never get invited. Nobody said, 'Hi!' to me today."
  - d) I'm ugly/not pretty.= "I cant lose weight. No one ever asks me out. I'll never find anyone like that. I don't like my nose/ears/legs/ knees/etc. Does this make me look fat?"
- C. *"For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you."* (Proverbs 23:7, NKJV) Remember 'wet words' are really a heart issue. *For out of the abundance of the heart his mouth speaks* Luke 6:45 *"Death and life are in the power of the tongue, and those who love it will eat its fruits."* (Proverbs 18:21, ESV)
- D. So what do we do with these wet words?

## II. We Must Uproot Bad Seeds

- A. *"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, NKJV) 'make' from Gr. poieo means to create, to make, to work on. It is implied that something has to be made or worked on. It will not happen by itself.
- B. The process of uprooting bad seeds.
  - 1. You have to identify the bad seeds. But we must remember that the bad seeds are in our heart. They are what we believe so they come out of our mouth. Therefore we have to pay attention to what we are speaking. We have already begun to identify the bad seeds that are producing plants that choke the word of God out. To identify bad seeds/wet words, you have to:
    - a) Be honest with yourself. Ie. *My most recent was when I got bumped up to first class. When my name was called I felt disheartened. When I received the first class boarding pass, my first thought was: "Why were you expecting the worse?"*
    - b) Be convicted by the Holy Spirit.
    - c) Be consistent to change.

- d) Be willing to be corrected.
- 2. You must be willing to be accountable. That means we need each others help to get to where we want to be. In accountability we make the journey together. Ie. Husbands and wives, parents and children, best friends etc.
  - a) 'Wet Words' are what we say to one another when we catch someone speaking negative thoughts. Wet words cause soggy faith. We want strong faith.
  - b) The 'wet words' card. On a 3x5 card:
    - (1) Write today's date.
    - (2) draw 7 boxes, one for each day.
    - (3) Each time you get caught saying 'wet words' you put an X in the box.
    - (4) Every week you will get a new card. The goal is this: that by the end of 40 days you will have no X's in the boxes.
- 1) Commit to destroying negativity in your life. Remember this is not about being a positive person it is about being a Kingdom-minded person. I don't want to be thinking thoughts that God is not thinking. I do not want to be speaking things that God would never speak. *"I can't afford to be thinking something about me that God is not thinking about me."* Bill Johnson
- 2) We are identifying thoughts and words that extinguish faith. We are then going to uproot them in accountable relationships. And last we are going to plant new thoughts and new words into our lives.

### III. Empowered Words Build Strong Faith

- A. What are empowered words?
  - 1. Empowered words are words that originate from the heart of God. It is what we would hear Jesus speaking and saying.
  - 2. Empowered words are words that build faith in God and in God's word. In fact empowered words ignite strong faith.
  - 3. Empowered words are words that are backed up by heaven. They have Kingdom of God backing them.
  - 4. They are words that express the culture of the Kingdom of God.
- B. How do I plant Empowered words into my thoughts and speech?
  - 1. You replace negative thoughts and words that you have identified, with words and thoughts that God would say. Find what God has to say from His word. IE. Read it, write it, sing it, say it, pray it. *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."* (Romans 12:2, NKJV)
  - 2. Declarations. Webster 1828-to make known, to proclaim, recite.
    - a) What can I say that God has already said-about my...marriage, family, finances, friendships, children. Etc. all found in His word.

- b) Something happens when we declare things. *"So then faith comes by hearing, and hearing by the word of God."* (Romans 10:17, NKJV) Mark 4:24 from the Amplified Bible *"Be careful what you hear, for according to the measure of thought and study you give to that which you are hearing will be the measure that is measured back to you and more besides."*
- c) Repetition is the motor of learning. It takes 3 weeks to learn a new habit and it takes another three weeks for it to become a natural part of you so that you do it unconsciously.
- 3. *Igniting Faith in 40 Days!* Book by Steve Backlund.
  - a) Read the daily devotional (do it as a family). Kids challenge your parents to learn the declarations faster than you.
  - b) Speak the declaration at the end of each devotion.
  - c) Declare one of the three declarations at the end of the book twice a day at a minimum. Found in the appendix.
  - d) There is also a suggested Bible reading plan at the end of the book as well.
  - e) If you buy the book you will get access to the free MP3 declarations to put on your phone, computer or tablet.
  - f) The declarations, scriptures, repetitions practiced daily will empower the words you speak and ignite your faith in God.

**Conclusion:**

- You have the opportunity to shape your future by changing your words.
- Dying and living are in the power of the tongue. Let's get to living! Pro 18:21