



# grow

5 KEYS TO UNLOCKING  
YOUR POTENTIAL

STICKS & STONES

# Proverbs 16:24 NASB

<sup>24</sup> Pleasant words are a honeycomb, Sweet to the soul and healing to the bones.

# Proverbs 12:25 NASB

<sup>25</sup> Anxiety in a man's heart weighs it down,  
But a good word makes it glad.

# Proverbs 15:4 NASB

<sup>4</sup> A soothing tongue is a tree of life, But  
perversion in it crushes the spirit.

# Proverbs 15:23 NASB

<sup>23</sup> A man has joy in an apt answer, And  
how delightful is a timely word.

# Proverbs 18:21 NIV

<sup>21</sup> The tongue has the power of life and death, and those who love it will eat its fruit.

# Proverbs 18:20 NIV

<sup>20</sup> From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied.

## Joshua 1:8 NIV

<sup>8</sup> Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

# Deuteronomy 30:19-20 NIV

<sup>19</sup> This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God,

# Deuteronomy 30:19-20 NIV

listen to his voice, and hold fast to him.  
For the Lord is your life, and he will give  
you many years in the land he swore to  
give to your fathers, Abraham, Isaac and  
Jacob.

## Matthew 12:33-36 TPT

“You must determine if a tree is good or rotten. You can recognize good trees by their delicious fruit. But if you find rotten fruit, you can be certain that the tree is rotten. The fruit defines the tree. But you who are known as the Pharisees are

# Matthew 12:33-36 TPT

rotten to the core! You've been poisoned by the nature of a venomous snake. How can your words be good and trustworthy if you are rotten within? For what has been stored up in your hearts will be heard in the overflow of your words!

# Matthew 12:33-36 TPT

When virtue is stored within, the hearts of good and upright people will produce good fruit. But when evil is hidden within, those who are evil will produce evil fruit. You can be sure of this: when the day of judgment comes, everyone will be held

# Matthew 12:33-36 TPT

accountable for every careless word he  
has spoken.”

## Romans 10:9-11 NLT

<sup>9</sup> If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

<sup>10</sup> For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are

# Romans 10:9-11 NLT

saved. <sup>11</sup> As the Scriptures tell us, “Anyone who trusts in him will never be disgraced.”

# Romans 10:13 NLT

13 For “Everyone who calls on the name of the Lord will be saved.”



words

TO LIVE BY

# Words to Live By

I HAVE EVERYTHING I NEED to do what God has called me to do.

I AM the head and not the tail, above and not beneath, seated in heavenly places.

# Words to Live By

I HAVE the mind of Christ for I have NOT been given a spirit of fear but of peace love and sound mind.

If God is for me what can stand against me.

# Words to Live By

I WILL forgive others as many times as I have been forgiven.

I am NOT easily offended, I AM full of love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self control.

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# Words to Live By

Worry is NOT my master, debt is NOT my king  
and my past is NOT my future.

Whatever my hand finds to do I will do it to  
glory of God, and the benefit of others.

# Words to Live By

I live not on bread alone but on every word that comes from the mouth of God.

I am not my own, I was bought at a price and therefore my value is fixed for all eternity.

# Words to Live By

The Holy Spirit leads me into destiny as my footsteps are ordered.

Today I am raised by, work with and walk in resurrection power.

# Words to Live By

TODAY is the day the Lord has made and I shall be glad and rejoice in it.

