



The Weight of Your Words

Welcome

We're really glad you're here. Easter is an invitation to a new beginning.

Because Jesus rose, new life is possible for you—right now.

Even if you're unsure about faith, one simple way to experience a fresh start is by paying attention to the words you speak. Words have power, whether or not you fully believe it yet. For those who believe, there is real power in the name of Jesus, the name we speak in faith, and trust.

Your words shape your thoughts, relationships, and faith. You can start changing them today.

WORD SWAP

When you notice yourself saying something negative, pause and swap it for a word that encourages you or others:

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| "I can't do this." | | "I can take the next step." |
| "This is a mess." | | "I can find a way forward." |
| "Nothing will change." | | "Good things are possible." |
| "I can't do this." | | "God is with me." |

Don't aim for perfection. Just start noticing.

MINI REFLECTION

What's one phrase I say often that I need to change?

ONE SIMPLE STEP

Before you speak, ask:
"Is this bringing life or taking it away?"

A SIMPLE PRAYER

God,
Thank you for a new life.
Help me notice my words this week.
Teach me to speak with truth and love.
Give me the courage to change.
We speak Your powerful name, Jesus,
over our lives today.

Amen.

Want help putting this into practice?

Follow our Daily Practice, a short daily reflection linked to our weekly message.

Scan the QR code
or visit churchnativity.com/daily-practice



YOU'RE NOT ALONE

If you want prayer or someone to talk to:
Stop by the Welcome Center after Mass
or visit churchnativity.com/prayer

"The tongue has the power of life and death."

Proverbs 18:21



love **God**. love **others**. make **disciples**.