



## Day 3

*Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

If you practice this verse today, you will be in rejoice mode! Carefully guard what comes out of your mouth today. Pray that God will keep you from saying—or thinking—anything that is not wholesome or beneficial to those who hear your words.

Here's a good prayer for today based upon this verse: "Lord, I pray that today you will help me to speak words that will build others up. Help me to recognize the needs that others have and give me wisdom to speak encouraging words to them. May my words be a blessing to everyone in my life today."

Look for someone to bless today!

Mary Lowman

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