

# TRAIN YOUR TALK.

Mark 11:22-24

THE  
plug

WORDS **21** MATTER

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## *Hey Plug Fam!*

*We're excited for you to join us on this 21-day journey! Connect 21 is all about growing closer to God and learning the power of our words. The Bible says in Proverbs 18:21, "The tongue has the power of life and death." That means what you say matters—about yourself, others, and God.*

*For the next 21 days, we challenge you to:*

- *Spend time with God every day.*
- *Think before you speak.*
- *Use your words to bring life and encouragement.*

*Stay committed and watch how your relationship with God gets stronger. Together, let's speak life and live out the truth that Words Matter!*

*In Christ,*



**Shea & Myra Hunter**

# WEEK ONE

*Faith*

## Next Level Faith

*Mark 11:22–24 NKJV*

*“Jesus answered and said to them, “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”*



### **In a Few Words:**

Whoa, whoa, whoa! Slow your roll. Before you start looking for a mountain to speak to, I want you to understand the first thing Jesus said to the disciples. When Jesus says, “Have faith in God,” he’s talking about having complete trust—the ultimate level of confidence in God. But where does that confidence come from?

Romans 10:17 says, “So then faith comes by hearing, and hearing by the word of God.” Nothing builds confidence in a person like really getting to know them. As we spend time reading God’s word, we develop a greater sense of who He is and what He wants for us. Then, when it comes time to pray, we won’t need to doubt whether or not we will receive what we pray for.

Instead, we can be confident that we are asking our Heavenly Father—who is able to do exceedingly abundantly above all that we ask or think—for things that He has already promised to us according to His word.

**Reflection:**

Think about some of the “mountains” in your life—those problems that seem too large for you to handle on your own. Use the following steps to ground your faith in God’s Word:



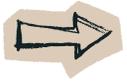
**Identify Your Mountains**

Make a list of your biggest problems, concerns, or challenges, and either write it down or type it up.



**Search the Scriptures**

Search the Bible for verses that speak directly to the specific items on your list.



**Claim Your Promise**

Record the scripture(s) next to the appropriate item on your list.



**Pray with Confidence**

During your daily prayer time, incorporate these scriptures into your prayers and believe that God will keep His word.

*Notes:*

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## Faith Speaks Boldly

*2 Corinthians 4:13*

*“And since we have the same spirit of faith, according to what is written, “I believed and therefore I spoke,” we also believe and therefore speak,”*



### In a Few Words:

Faith isn't just something you keep locked inside—it shows up in what you say and how you live. Paul is saying that when you really believe in God, it's natural to speak it out. Think about when you're hyped about your favorite team, new song, or show—you can't help but talk about it. That's how faith should be. When you truly trust Jesus, you'll find the courage to speak about Him, even if it feels risky. Believing leads to speaking. And speaking can inspire others to believe too.

### Reflection:

What's one way you can use your words this week to show others what you believe about Jesus?

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## Saved by Faith

*Roman 10:8-10 NKJV*

*“But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.”*



### In a Few Words:

Did you read that? Nah, I mean, really read that! You should be jumping up and down right now! This is the Good News! Paul is reminding us that we are saved by faith—not by our actions, or following all the rules (which we would NEVER be able to do anyway).

Thanks be to God that we don't have to! The Bible tells us that if we verbally agree that Jesus is who He says He is, put Him in His rightful place as Lord in our lives, and truly believe in His resurrection, then we are saved! When we do this, we are accepting the free gift that God has given us. All of our sins are taken from us and hung on the cross, and instead, we are clothed in the righteousness of Christ. I've yet to come across any other religion that operates this way. All we have to do is accept, in faith, what God has done for us through Jesus Christ our Savior.

### Reflection:

Have you confessed with your mouth that Jesus is Lord of your life? Do you believe in your heart that God raised Him from the dead?



## Moving Your Mountains

### *Matthew 17:20*

*“Jesus replied, ‘You could not do it because you do not trust God very much. I tell you this: You may believe in God only a little bit, like a very small seed. Even then, you could say to this mountain, ‘Go away from this place and move to that other place.’ Then it will move. Nothing will be impossible for you to do.”*



### **In a Few Words:**

Think about a mustard seed—it’s tiny. Really tiny. But when it grows, it becomes something huge. Jesus is saying that even the smallest amount of real faith can make a massive impact in your life. Faith isn’t about having it all figured out. It’s about believing God can work in your situation—even when it seems impossible. Maybe it’s overcoming fear, fixing a friendship, standing up for what’s right, or pushing through a challenge at school. Even a little trust in God can spark big changes.

### **Reflection:**

Tiny faith isn’t weak—it’s powerful. Trust God with even the little bit you have, and watch Him do incredible things.



## Faith Without Doubt

*Matthew 21:21 NKJV*

*“So Jesus answered and said to them, “Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, ‘Be removed and be cast into the sea,’ it will be done.”*



### In a Few Words:

Does this story sound familiar to you? So nice, you gotta say it twice—or maybe it’s so important that God made sure it found its way into multiple gospels. Faith, with the absence of doubt, is the ultimate key for performing works like Jesus, and it unlocks the ability to perform even greater works than He did. After all, it was Jesus who told us in John 14:12, “...he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.”

If we truly believe in Jesus, then we should accept His declarations as 100% absolute fact. That means we can pray with a spirit of expectation, “God, what mountains do you want me to move? What miracles do you want me to perform?” All for the glory of our Heavenly Father in Jesus’ name, Amen!

### Reflection:

What miracles have you already seen in your life? What miracles have your parents and other family members seen? How do these testimonies affect your confidence?



## Turning Can't into Can

*Mark 9:23 NKJV*

*“So Jesus answered and said to them, “Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, ‘Be removed and be cast into the sea,’ it will be done.”*



### **In a Few Words:**

Think about it—how many times have you been told, “You can’t do that”? Maybe it was school, sports, a dream, or even something in your spiritual life. Mark 9:23 is Jesus saying: don’t limit what God can do because of what you see or feel. Everything might look impossible to humans—like getting an A when you’ve been failing, fixing a broken friendship, or beating a personal struggle. But for someone who believes in God, nothing is too big. Belief doesn’t mean everything will happen instantly, but it means trusting God can make a way when you think there isn’t one.

The cool part? Belief isn’t just a feeling. It’s acting on God’s Word, stepping out in faith, and choosing to trust Him even when it doesn’t make sense. It’s like hitting “power-up” mode in a game—you can’t do it on your own, but with God, the “impossible” becomes your reality.

### **Reflection:**

God can do the impossible in your life, but it starts with your choice to believe— even when it seems crazy.



## Asking in Faith

*James 1:6 NKJV*

*“But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.”*



### In a Few Words:

Imagine what it would be like to be “a wave of the sea driven and tossed by the wind.” You would be completely at the mercy of something other than yourself. It wouldn’t matter what you wanted to do or where you wanted to go; you would just have zero say in the matter. That’s not the kind of life I want to live—and it’s not the kind that God intended for us!

God has chosen us to be His sons and daughters, giving us authority to change the circumstances in our lives. There is power in prayer when we come boldly before the Lord in faith, but when we allow doubt to seep in that power is lost.

Remember the faithfulness of God when you pray. Remember His promises and all that He has for you. Remember that He is the greatest power in the universe and that He loves you so much. Then pray in faith and throw the doubt out the window.

### Reflection:

Think about some of your past prayer requests. Have you been asking in faith or has doubt been getting in the way?



# WEEK TWO

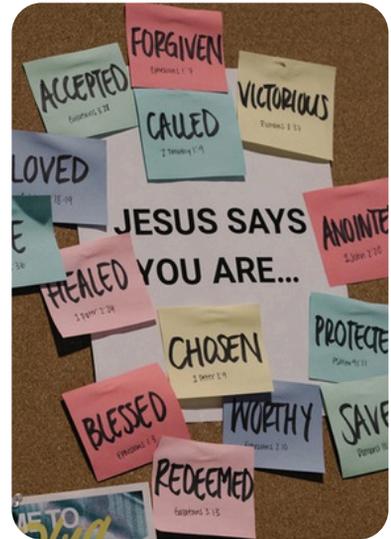
*Speaking*

*Week 1 - Connect 21*

## Think Before You Send

*Proverbs 18:21 ERV*

*“The tongue can speak words that bring life or death. Those who love to talk must be ready to accept what it brings.”*



### In a Few Words:

In today’s world, your words don’t just live in the moment—they live online forever. A text, a comment, a TikTok caption, or a Snap can build someone up... or tear them down. And the crazy part? Even if you delete it, the impact can linger.

Matthew 12:36–37 reminds us that every word matters. That includes digital words. What you post or send isn’t just communication—it’s power. It can encourage, inspire, and bring life... or it can spread negativity, gossip, and hurt.

### Reflection:

Your thumbs are powerful tools, and what you type can shape your relationships, your reputation, and even your faith.



## Watch Your Mouth

### *Matthew 12:36-37*

*“I tell you this: One day, God will judge everybody. On that day, he will ask you about every useless word that you have spoken. 37 God will think about the words that you have spoken. Then he will decide whether to let you go free or to punish you.”*



### **In a Few Words:**

Have you ever wished you'd stayed quiet... or wanted someone else to just stop talking? We've all been there. Sometimes saying nothing is actually the best move—especially when what we might say isn't helpful or positive. Matthew 12:36–37 tells us that every word we speak is being weighed, and we will give an account for it. That's huge!

God isn't just listening for the big stuff—He hears the little things too. Even our offhand jokes, gossip, or “harmless” complaints can leave a mark on others and on our own heart.

But here's the kicker: it's not just what we say out loud that matters. Even what we think or dwell on in our hearts counts. Negative thoughts, grudges, or judgmental ideas can be just as powerful as words. Our minds set the stage for our mouths.

### **Reflection:**

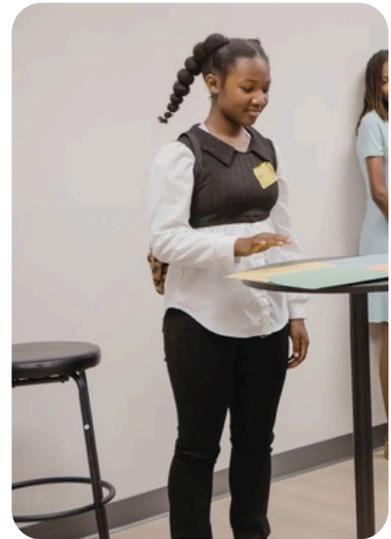
What you allow to live inside of you will eventually come out.



## Small Spark, Great Impact

### *James 3:5-6*

*“In the same way, our tongue is a very small part of our body. But it speaks as if it is very great. Think about this. A very small fire can cause even a big forest to burn completely. A person’s tongue is like a fire. It has the power of everything in the world that is wrong. It is a small part of the body but it can spoil the whole person. Like a fire, it can destroy all of a person’s life. It is a fire that comes from the fire of hell itself.”*



### **In a Few Words:**

James 3:5-6 paints a powerful picture of how something as small as our tongue can cause massive destruction if not controlled. Think about fire—it never starts big. It begins with something tiny: a spark, a match, a flicker. But once it spreads, it’s hard to stop. The same goes for our words.

One comment, one post, or one moment of anger can create damage that’s hard to take back. But there’s another side to this—the same fire that destroys can also bring warmth and light when it’s controlled. Words can burn down confidence, but they can also ignite courage. They can destroy friendships, but they can also spark faith

### **Reflection:**

Before we speak, we have to pause and ask, “Am I starting a fire that will destroy or one that will bring light?”



## Words that Hit Different

### *Ephesians 4:29 EASY*

*“Do not say bad things that hurt or insult people. Instead, say only good things that will help people. Your words should help people to become strong when they hear them.”*



### **In a Few Words:**

You’ve probably heard the saying, “Sticks and stones may break my bones, but words will never hurt me.” But let’s be honest—that’s not true. Words do hurt. Some of us are still carrying pain from something someone said years ago. And if we’re real, we’ve probably said things that hurt others too—maybe without even meaning to.

Words are powerful. They don’t just disappear once they’re spoken; they plant something—either life or destruction. That’s why in Ephesians 4:29, Paul tells us not to let any foul or hurtful words come out of our mouths, but to use our words to build people up.

Our words should sound like construction, not demolition. Think about it—every time you speak, you’re either adding bricks to someone’s confidence or knocking pieces out of their foundation. Even online, your comments, posts, and reactions carry weight. The goal isn’t to be fake or overly nice—it’s to be intentional. If God’s Spirit lives in you, then your mouth should represent Him too.



## Your Mouth Tells on You

### *Luke 6:45 EASY*

*“People are also like that. A good man keeps good things in his mind. In his life, he brings those good things out from there. But a bad man keeps bad things in his mind. He brings those bad thoughts out from there. When a person speaks, his words show what is really in his mind.”*



### **In a Few Words:**

This scripture hits deep. Think about it—what you say and think will always produce something. It draws out what’s really inside and reveals the real you. If your heart and mind are filled with good things, then good will naturally come out.

You can’t hide what’s in your thoughts or heart—it always shows up in your words, actions, and attitude. So maybe it’s time for some real heart-checking. What’s been filling your mind lately? Because whatever’s in your heart will eventually show. I don’t know about you, but I want positivity flowing in my life—and that starts with what I allow in my heart and mind.

### **Reflection:**

What’s filling your heart, and how is it showing in what you say or do?



## Healing Words

### *Proverbs 15:4 EASY*

*“Kind words are like the fruit of a tree that gives life. But words that are not honest make people sad and weak.”*



### **In a Few Words:**

I don't think any of us would purposely want to make someone sad. But sometimes we forget how powerful our words really are. What we say can either bring life or hurt. Proverbs 15:4 says our words can be like fruit—something that gives nutrients and helps people grow stronger. That means when we choose the right words, we can make people feel encouraged, supported, and full of life.

### **Reflection:**

When was the last time your words made someone feel better—or worse? What did you learn from that?

### **Challenge:**

This week, make a serious effort to watch what comes out of your mouth. Speak words that bring life—to yourself and to others.



## Words that Give Life

*John 6:63 EASY*

*“It is the Spirit that gives you life. People cannot do that. The words that I have spoken to you come from the Spirit. They give you life”*



### **In a Few Words:**

Jesus is telling us that real life doesn't come from what we can see or do on our own—it comes from the Spirit. Our human effort alone can't satisfy our soul or bring eternal life. “Jesus' words aren't just stories or advice. They're alive, full of Spirit, and they actually give your life real power.” “Feed on them, and your spirit gets stronger every day.”

### **Reflection:**

How can you tell the difference between advice or opinions that are temporary and God's words that bring real life?

### **Challenge:**

Pick one part of your day where you usually rely on your own strength—maybe school stress, friendships, or sports. Pause, remember Jesus' words give life, and let His guidance lead your next move.





# WEEK THREE

*Believe*



*Week 3 - Connect 21*



## When God Says It, He Means It

*Isaiah 55:11 EASY*

*“It is the same when I give my word to people. It will not return to me without any result. No! My word does what I want it to do. What I promise to do will certainly happen.”*



### In a Few Words:

Think about it like this: when God says something, it’s like sending out a text that always gets delivered. It doesn’t get lost, ignored, or left on “read.” His Word goes exactly where He sends it and accomplishes exactly what He wants. For us, that means we can trust every promise in the Bible. If God said it, He will do it. His Word has power, and it always works—even if we don’t see it right away.

### Reflection:

If God’s words always come true, what does that teach you about the power of the words you speak?

### Challenge:

This week, choose one promise from God’s Word and speak it over your life every day. Watch how it changes the way you think and act.



## Plug Into God's Words

### *Joshua 1:8 EASY*

*"You must keep on speaking about the words of God's law. Think about what it says, all the time. Be careful to obey it. Then you will do well, and you will win."*



### **In a Few Words:**

What if I told you there was a “magic book” that could help you win and be successful in life? Don’t lie—all of us want to win and succeed, right? Well, here’s the truth: the Bible is that book. It literally gives us a playbook for life—showing us how to make the right moves and come out on top.

But here’s the deal: to win, you’ve got to put in the work. Joshua 1:8 tells us to read God’s Word, think about it, break it down like questions, look up words, and really understand it. Then, you’ve got to obey it—which basically means just do it. Don’t overthink it, just follow what it says. Will it always be easy? No. But if you stick with it, in the end, you’ll be a winner—not just in life, but in the way God designed you to live.

### **Reflection:**

Why do you think obeying God’s Word is harder than just reading it? How can doing it change your life?



## Putting Your Thoughts on Replay

### *2 Corinthians 10:4-5 EASY*

*“It is like we are fighting in a war, but we do not use human weapons. Instead we use God’s weapons. Those weapons are powerful enough to destroy the enemy’s strong places. We use those weapons to destroy people’s wrong ideas. People may speak proud ideas that stop other people from knowing God. We show that those ideas are completely wrong. We change the way that people think, so that they want to obey Christ.”*



### **In a Few Words:**

Think about when you’ve got a song stuck in your head—you keep replaying it over and over. That’s exactly how we need to treat God’s Word. The Bible says in 2 Corinthians 10:4-5 that we’re in a war, but we don’t fight with regular weapons. Our fight is against wrong thoughts and lies that try to pull us away from God.

When we ‘put God’s Word on replay’ in our mind, it’s like loading up on the right weapon. Instead of letting negative or prideful thoughts loop in our head, we replace them with what God says. Every time a thought comes that’s not from Him, we replay God’s truth until that wrong thought gets destroyed. Replay is how we train our brain to obey Christ.”

### **Reflection:**

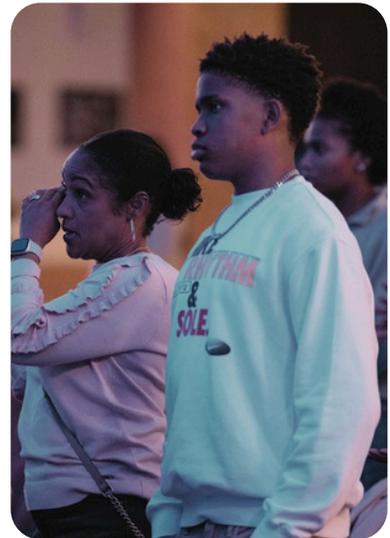
Did you know the battles in your mind aren’t just thoughts—they’re actually spiritual battles? How does knowing that change the way you handle negative or distracting thoughts? Are you relying on God’s Word to fight, or trying to do it on your own?



## Think Different

### *Philippians 4:8*

*“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”*



### **In a Few Words:**

You might hear people say, “This is my truth.” But the reality is, our truth can change based on how we feel or what we’re going through. One day we might feel confident, and the next we might feel completely different.

But the Bible reminds us to hold on to God’s truth—because it never changes. What God says in His Word will always stand and will always come to pass. God never changes, and neither does His Word. That’s why we should live in a way that reflects His truth, not just our own opinions or emotions.

Let’s be honest—our truth isn’t always right. But God’s truth will always lead us in the right direction.

### **Reflection:**

How many times have you thought your truth was right—without stopping to consider God’s truth or what His Word says? Why do you think that is?



## Keep Pushing Even When It's Hard

### 1 Timothy 6:12 EASY

*“Continue to believe God’s true message. Be like someone who fights well to keep it safe. God has chosen you to live with him forever. You stood in front of many people and said clearly that you believed in Jesus Christ. So, live in a way that shows that you belong to him.”*



### In a Few Words:

So... what are you thinking about?

Like, what’s really on your mind? Are your thoughts mostly positive or negative?

A lot of times, we don’t even stop to think about what we’re thinking about. But here’s the thing— if your life seems to be heading in a negative direction, it might be because your thoughts are too. The devil loves to play games in your mind. If he can get you thinking negatively, he feels like he’s got you. That’s why the Bible tells us in Philippians 4:8 to think about good things—things that are true, right, pure, and worth praising. Your thoughts matter. What you focus on can shape how you live. Guard your mind, because what you think about is everything.

### Reflection:

Did you know the battles in your mind aren’t just thoughts—they’re actually spiritual battles? How does knowing that change the way you handle negative or distracting thoughts? Are you relying on God’s Word to fight, or trying to do it on your own?



## Let's Be Real

*James 5:16 NKJV*

*“Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”*



### In a Few Words:

You don't have to tell everyone your personal business or every mistake you've made. But it is important to have a friend—or a few friends—who are real followers of Jesus. These are people you can talk to about what you're struggling with.

Be that kind of friend who listens, encourages, and points your friends back to God. When you open up, pray together, and check on each other, it helps you both grow stronger.

Most importantly, pray for one another, because there's power and healing when you do.

There's freedom when you confess what's really going on, when you stop pretending everything's perfect, and when you let God help you heal. We all have weak areas, but we don't have to fight through them alone.

### Reflection:

Why do you think God wants us to confess and pray for each other instead of trying to handle everything alone?



## Believing Without Seeing

*Hebrews 11:1 EASY*

*“This is what it means to trust God: We will be sure about the things that we hope for. We will be sure in our minds about things that we cannot even see.”*



### In a Few Words:

Sometimes, we put more faith in people and things we can see—friends, family, our phones, money—but those things can fail us. They don’t always come through like we hope.

But God is asking us to believe His Word and trust Him, even when we can’t see Him or don’t see what we prayed for right away. That’s what real faith looks like—believing before it shows up.

The best part? When we put our faith in God, it’s guaranteed. What He says will come to pass. People and things might let us down, but God never will when we choose to believe.

### Reflection:

Have you ever prayed for something and felt like nothing happened—or maybe you got tired of waiting and thought God didn’t hear you? Sometimes we want God to move fast, like ordering from a drive-thru—quick and easy. But faith doesn’t work like fast food. God’s timing isn’t about speed; it’s about purpose. He knows exactly when and how to answer, and His way is always better than ours.



## Word-Filled Prayer

**SPEAKING  
WITH WISDOM**

Father, guide my tongue today. Keep me from gossip, lies, or negativity. Fill my mouth with words that honor You and help others. Amen

**WORDS  
OF POWER**

Lord, remind me that my words are powerful. Help me use them to encourage, build up, and shine Your love to everyone around me. Amen.

**GUARDING  
MY WORDS**

God, help me watch what I say. Let my words bring life, not hurt. Teach me to speak truth and kindness, even when it's hard. Amen.

## Word-Filled Confession

### ***Confession Instructions***

- *Say it out loud with confidence.*
- *Don't rush—let the words sink in.*
- *Repeat it 2–3 times like your favorite song on replay.*
- *Own it—this is your truth from God's Word.*

### **Word Up**

God's Word lives in me and fills me with wisdom. His truth teaches me how to live, and I encourage others with what He's shown me. I choose to speak life, sing His praises, and let His Word guide my thoughts, words, and actions every day." Colossian 3:16

### ***SHARPER THAN MY STRUGGLES***

God's Word is alive in me. It cuts through my doubts, my fears, and my wrong thoughts. His Word shows me what's real and what's fake. I choose to let His Word shape the way I think, speak, and live. I am stronger because God's Word is my weapon and my guide."

Hebrews 4:12

**Have your own thoughts? Write them here!**



# THE plug



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