

# Speaking Life

## Words of Identity for your children

“Death and life are in the power of  
the tongue, and  
those who love it will eat its fruits.”

Proverbs 18:21 (ESV)

**Identity** is so important. It’s not just something we need God to speak over us through His Word and the Holy Spirit, but it’s a beautiful gift we get to speak into our kids as well. What a privilege to shape and mold their hearts with our words. Keep reading for some tips to intentionally speak identity over your kids.

### TIP #1

Take care when speaking to others about your child. Strive to see what God is developing in them instead of “the obvious” of what you see in a particular situation.

For example, you’re walking through the park and a neighbor stops to say hello. She says hello to your son, too, who looks down and sort of hides behind you. Instead of saying, “He’s just being shy today,” (which says to a child, “I guess I’m just a shy person”) try something like “We’re working on that,” meaning, you’re working on your child making eye contact and having a response to others when spoken to – then really work on it at home, teaching them

the value of honoring others. This kind of response will honor *your child*, give them permission to not always get it right and to continue working on something to get better at it.

Think about other common statements parents might make about their children. “She is so disorganized,” or “He forgets everything,” or “He is not the sporty type.” While these statements may be about an area that isn’t yet fully formed or developed, children hear them as “fact” about themselves.

*What could you say instead?*

## TIP #2

Children, like adults, need to know their identity is based on what God says about them.

Psalm 139 is filled with “facts” about who God says we are and with powerful truth about who He is.

Using Psalm 139 you can pray for your children to know:

- God created them (v. 13)
- They are fearfully and wonderfully made (v. 14)
- He is always with them (v. 7-12)
- God wants to know them and has a plan for them (v. 1-4; 16)

## TIP #3

Notice things.

When you’re playing together, reading together, or even watching your child(ren) play, notice things about them. Are they being thoughtful, generous, protective, creative, careful, joyful, spontaneous? Then as you notice things, say it out loud to your child. “I noticed today when you were playing with Legos, you really took your time to build \_\_\_\_\_ just the way you wanted it. That takes a lot of patience and creativity.”

Or when your child is being “creative” and gets out *every* craft supply from the closet to create a popsicle stick, tape, and coffee filter flower that will fall apart if you try to pick it up, instead of saying something like, “I don’t think your design is going to work very well,” (which is dream killing and judgmental) try saying, “Your way of using popsicle sticks and coffee filters was pretty creative! It will be fun to see what you come up with next!” (inspiring and encouraging)

Okay, so these may sound a little cheesy, but you get the idea and will say it in a way that fits for you.

## God wants your child to have an account full of blessings.

Begin planting seeds of blessing in your child’s life.

- When your child is afraid, speak words of power and confidence – God is always with you and will help you to be less afraid.  
Deuteronomy 31:6; 2 Timothy 1:7
- When your child feels left out, remind your child that Jesus called the children to Him and He is near to them. Matthew 19:14; Psalm 145:18
- When your child is sad or hurt, let your child know God is close to them and hears them. Psalm 34:17-18
- When your child is angry or upset, speak words of acceptance. Zephaniah 3:17