



April Wellness Newsletter

April is a month that reminds us of new beginnings. Flowers bloom, the earth awakens, and Christians around the world prepare to celebrate Easter, remembering the resurrection of Jesus Christ and the life that He brings to the world.

This season of renewal invites us to reflect on something powerful that we often overlook—our words.

Words Shape Life

The Bible reminds us that what we say carries tremendous influence. In Book of Proverbs 18:21, Scripture teaches: “Death and life are in the power of the tongue.”

Our words can encourage or discourage, heal or harm, uplift or discourage someone’s spirit. A kind word can restore hope, while careless words can linger in a person’s heart for years.

Because words are powerful, believers are called to speak life.

Love Should Reflect Life

Sometimes people casually say, “I love you to death.” Although the phrase is common in everyday speech, it connects love with the idea of death. In Scripture, love is consistently connected with life, restoration, and hope.

In the First Epistle to the Corinthians 13:4–7, love is described as patient, kind, protective, and hopeful. That kind of love builds people up and helps them grow into who God created them to be.





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Instead of expressions tied to death, we can choose language that reflects life and encouragement.

The Example of Jesus

The mission of Jesus Christ was centered on bringing life. In the Gospel of John 10:10, Jesus declares: “I came that they may have life, and have it more abundantly.”

Through His love, people receive hope, healing, restoration, and eternal life. As followers of Christ, we are called to extend that same life-giving love to others.

A Challenge for April

This April, as the world around us comes alive again, let us also renew our commitment to speaking life into others. Encourage someone. Pray for someone. Lift someone up with your words.

At Fountain of Faith Missionary Baptist Church, we strive to be a community that reflects the love of Christ in both our actions and our speech.

So this month, let us make a simple but meaningful exchange in our language. Instead of saying “I love them to death,” let us begin saying something even more powerful: “I love them to life.”

In Faith & Health
Health & Wellness Ministry
Fountain of Faith Missionary Baptist Church

