
REST & REIGN

PEH: THE YEAR OF THE MOUTH

Speak • Break • Build

Series Anchor

In this season, your mouth is not casual—it is legal, creative, and accountable. What you speak reveals your source, establishes agreements, determines what continues or breaks, and must ultimately come under government.

A 5-WEEK INDUCTIVE BIBLE STUDY

KINGDOM DISCIPLES TRAINING CENTER

INTRODUCTION

The Hebrew letter **Peh** carries the idea of the mouth. In this series, we are examining the mouth not as a casual instrument of expression, but as a place of revelation, agreement, breaking, building, and government.

Your mouth is connected to your heart. Your words reveal what is ruling you. Your speech can reinforce agreements, break agreements, establish what Yah has authorized, and expose whether you are operating under authority or impulse.

This study is designed to be simple and inductive. Each week, read the Scriptures, observe what the text reveals, understand the context, examine the Ancient Hebrew concepts, connect the Scriptures, and then submit your own speech to an honest spiritual audit.

THE SERIES THROUGH-LINE: *Your mouth is a revealer. An agreement maker. A breaker. A builder. A governor.*

HOW TO USE THIS STUDY

- Read the listed Scriptures slowly before moving into the study.
- Observe what the text actually says before adding your assumptions.
- Pay attention to repeated themes: heart, words, agreement, authority, alignment, and obedience.
- Use the piercing question as a personal audit—not merely a discussion question.
- Allow the Word to confront what your mouth has been revealing, reinforcing, breaking, building, or releasing.

WEEK 1

The Mouth Reveals the Source

What You Say Shows Who You Serve

Focus: Your mouth exposes your true alignment. Speech is not random—it is a manifestation of what is ruling your heart.

CORE SCRIPTURES

Luke 6:45; Proverbs 18:21; Isaiah 6:5–7; and Psalm 19:14.

READ

Luke 6:45; Proverbs 18:21; Isaiah 6:5–7; and Psalm 19:14.

OBSERVE

- What does Yahusha say determines what comes out of the mouth?
- What relationship does Proverbs establish between the tongue and outcomes?
- What did Isaiah recognize about his lips when he encountered the holiness of Yah?
- What does Psalm 19:14 connect with the words of the mouth?

UNDERSTAND THE CONTEXT

Luke 6:45 gives us the source: the mouth releases what has been stored in the heart. Proverbs 18:21 shows that speech is not without consequence; words can produce life or death. Isaiah 6 brings the issue into the presence of Yah's holiness. Isaiah does not merely need better communication—he needs purification. Psalm 19:14 becomes the government prayer: may both the internal meditation and the words released from the mouth be acceptable before Yah.

ANCIENT HEBREW KEY WORD STUDY

■■■■ (Peh) — Mouth

The mouth is a gate through which what is stored within is released.

■■■ (Lev) — Heart

The inner authority center: mind, will, moral reasoning, and emotion.

■■■■■■■ ('Otsar) — Storehouse

A treasury or reserve. The inner inventory from which overflow eventually comes.

■■■■■■■ (Shefa) — Overflow

Abundance that eventually reaches capacity and spills out.

■■■■■■■ (Davar) — Word / Matter

A spoken word and a matter with substance; speech is not empty.

■■■■■■■ (Tame') — Unclean

Polluted, defiled, or unfit for Yah's presence.

■■■■■■■ (Saphah) — Lips

The edge or boundary through which what is within crosses outward.

CONNECT THE SCRIPTURES

Luke 6:45 reveals the storehouse. Proverbs 18:21 reveals the power of what is released. Isaiah 6 reveals the need for purification. Psalm 19:14 gives us the prayer of alignment. The issue is not merely learning to control speech; the deeper issue is what is being stored in the heart.

BIBLICAL SYNTHESIS

Your mouth is a revealer. Before you try to manage the overflow, allow Yah to examine the storehouse. The mouth cannot consistently release what the heart has not been filled with. Purification precedes authorization.

PIERCING QUESTION

What is my mouth revealing about what rules me?

PRACTICAL APPLICATION

- Audit the statements you repeat most often.
- Notice what comes out when you are under pressure.
- Ask Yah to reveal what your internal storehouse has been accumulating.
- Pray Psalm 19:14 as a daily request for alignment between your inner meditation and your spoken words.

CLOSING PRAYER

Yahuah, let the words of my mouth and the meditation of my heart be acceptable in Your sight. Cleanse what is within me so that what comes out of me is aligned with You. In Yahusha's name, Amen.

WEEK 2

Words as Agreements

You Are Bound by What You Say

Focus: Words are not merely communication. They can establish covenantal agreements, reinforce cycles, and bind the one who speaks.

CORE SCRIPTURES

Numbers 30:2; Proverbs 6:2; Deuteronomy 30:17–19; Hosea 14:2; Matthew 5:33–37; James 5:12; Ecclesiastes 5:5; and Deuteronomy 23:22.

READ

Numbers 30:2; Proverbs 6:2; Deuteronomy 30:17–19; Hosea 14:2; Matthew 5:33–37; James 5:12; Ecclesiastes 5:5; and Deuteronomy 23:22.

OBSERVE

- What does Numbers 30 reveal about the seriousness of a spoken vow?
- How does Proverbs describe the effect of careless words?
- What does Deuteronomy connect with the turning of the heart?
- Why does Hosea tell the people to take words with them when they return?
- What does Yahusha teach about the reliability of a simple yes or no?

UNDERSTAND THE CONTEXT

Numbers 30 presents speech within a framework of accountability and binding commitment. Proverbs 6 shows how careless speech can become a snare. Deuteronomy 30 connects the turning of the heart with direction and outcome. Hosea makes repentance verbal: take words and return. Yahusha then confronts manipulative oath-making and calls for speech so truthful that it does not need layers of reinforcement.

ANCIENT HEBREW KEY WORD STUDY

■■■■■ (Neder) — Vow

A spoken promise or self-imposed obligation.

■■■■■ (Asar) — Bind

To tie, restrain, or make something binding.

■■■■■ (Yaqash) — Snare

To be trapped or ensnared like an animal.

■■■■■ (Amar) — Say / Declare

Intentional speech that expresses or establishes a matter.

■■■■■ (Shuv) — Return

To turn back, repent, and realign with covenant.

■■■■■ (Emeth) — Truth

Firm, reliable, and consistent.

CONNECT THE SCRIPTURES

The mouth reveals the heart, and the mouth also establishes agreements. Some agreements are formal vows. Others are repeated declarations, emotional statements, and narratives that have been rehearsed until they become accepted as truth. Hosea reminds us that returning to covenant includes bringing words. If speech helped establish the agreement, speech must also help confront and renounce it.

BIBLICAL SYNTHESIS

You are not powerless over every agreement you have made. But you must become honest about what your own mouth has been authorizing. Careless speech can reinforce bondage. Truthful, aligned speech can become part of returning to covenant order.

PIERCING QUESTION

What have I agreed with through my own words?

PRACTICAL APPLICATION

- Write down repeated statements that sound like permanent conclusions about your life.
- Separate facts from agreements you have made about those facts.
- Stop making vows and declarations you are unwilling or unable to fulfill.
- Practice allowing your yes to be yes and your no to be no.

CLOSING PRAYER

Yahuah, expose every agreement I have made that is contrary to Your truth. Teach me to speak with integrity, to return to covenant alignment, and to let my words be reliable. In Yahusha's name, Amen.

WEEK 3

Breaking with Your Mouth

Renouncing What You Once Empowered

Focus: What was empowered by your words must be confronted and renounced through aligned words.

CORE SCRIPTURES

Job 22:28; Isaiah 58:12; Joel 3:10; and Psalm 107:2.

READ

Job 22:28; Isaiah 58:12; Joel 3:10; and Psalm 107:2.

OBSERVE

- What condition surrounds the promise in Job 22?
- What kind of restoration is connected with the repairer of the breach?
- What is Joel's declaration doing with the identity of the weak?
- Why are the redeemed instructed to say so?

UNDERSTAND THE CONTEXT

Job 22:28 is not a license to speak anything into existence. The surrounding context is a call to return to alignment with Yah. Isaiah 58 connects true fasting with restoration and repair. Joel 3 calls the weak to speak a new identity in the midst of a real conflict. Psalm 107 recounts people who were bound and afflicted, then commands the redeemed to declare what Yah has done.

ANCIENT HEBREW KEY WORD STUDY

■■■■■■■ (Gazar) — Decree

To cut, divide, or decide with authority.

■■■■■ (Qum) — Be Established

To stand, arise, or be made firm.

■■■■■■■ (Parats) — Breach

A break, gap, or rupture in structure.

■■■■■■■ (Gadar) — Repair / Build

To wall up, rebuild, and restore structure.

■■■■■■■ (Ma'as) — Reject

To refuse, cast away, or no longer accept.

■■■■■■■ (Ga'al) — Redeemed

Bought back, restored to rightful ownership, delivered from bondage.

CONNECT THE SCRIPTURES

A decree is powerful because it is aligned, not because it is loud. Breaking requires confrontation. You cannot rebuild a breach while continuing to verbally reinforce the structure that created it. Renunciation is a deliberate rejection of what you once accepted.

BIBLICAL SYNTHESIS

Silence is not always neutrality. Unchallenged narratives can continue to function as standing agreements. Breaking begins when you stop allowing your mouth to reinforce what Yah is calling you out of.

PIERCING QUESTION

What must I stop allowing my mouth to reinforce?

PRACTICAL APPLICATION

- Identify one repeated statement that reinforces bondage, fear, limitation, or a false identity.
- Write the truth you will align with instead.
- Verbally renounce the agreement rather than merely wishing it away.
- Replace the old narrative with Scripture and continued obedience.

CLOSING PRAYER

Yahuah, show me what I have continued to reinforce with my words. Give me courage to renounce what is not aligned with You and to speak in agreement with Your truth. In Yahusha's name, Amen.

WEEK 4

Building with Your Mouth

Establishing What Heaven Authorizes

Focus: Your mouth is not only a weapon for breaking. It is a construction tool for establishing what Yah has authorized.

CORE SCRIPTURES

Isaiah 55:10–13; Genesis 1:3; Mark 11:23; and Psalm 33:9.

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Isaiah 55:10–13; Genesis 1:3; Mark 11:23; and Psalm 33:9.

OBSERVE

- What does Isaiah say Yah's word accomplishes?
- What happens when Yah speaks in Genesis 1?
- What does Mark 11 connect with believing and speaking?
- What does Psalm 33 reveal about the relationship between Yah's speech and what stands?

UNDERSTAND THE CONTEXT

Isaiah 55 gives us the process of heavenly word: it goes forth, produces, sustains, and accomplishes its assignment. Genesis 1 reveals Yah speaking intention into visibility. Mark 11 connects speech with belief, but the passage must be understood within the larger framework of faith, forgiveness, and alignment. Psalm 33 shows that Yah's word not only creates—it establishes.

ANCIENT HEBREW KEY WORD STUDY

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A spoken matter with substance and purpose.

■■■■■■■ (Riqam) — Void

Empty, without result, or without effect.

■■■■■ (Zera) — Seed

A carrier of life containing future harvest.

■■■■■ (Amar) — Say

To make known, express intention, and declare.

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To support, confirm, or be established internally.

■■■■■ (Tzavah) — Command

To give order or establish instruction.

■■■■■ (Amad) — Stand

To remain, endure, or be established.

CONNECT THE SCRIPTURES

The same mouth that reveals the source and breaks wrong agreements must also build what is aligned with Yah. Not all speech builds. Speech becomes constructive when it is rooted in truth, agreement with Yah's Word, and obedience. Confession repeats what is true; a decree establishes what must stand—but neither is a substitute for alignment.

BIBLICAL SYNTHESIS

Your words help shape the environment you continually reinforce. What is consistently spoken in a household, relationship, or personal life becomes part of the atmosphere being built. The question is not simply whether you are speaking. The question is what your speech is producing and sustaining.

PIERCING QUESTION

Am I speaking what I feel—or what Yah has established?

PRACTICAL APPLICATION

- Audit the words that dominate your home and internal dialogue.
- Replace repeated fear-based or lack-based speech with truth that is aligned with Yah.
- Speak what you are willing to obey.
- Ask whether your words are producing life, alignment, and order—or reinforcing disorder.

CLOSING PRAYER

Yahuah, teach me to build with words that agree with You. Let what I speak produce life, establish truth, and support what You have authorized. In Yahusha's name, Amen.

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CLOSING PRAYER

Yahuah, show me what I have continued to reinforce with my words. Give me courage to renounce what is not aligned with You and to speak in agreement with Your truth. In Yahusha's name, Amen.

WEEK 4

Building with Your Mouth

Establishing What Heaven Authorizes

Focus: Your mouth is not only a weapon for breaking. It is a construction tool for establishing what Yah has authorized.

CORE SCRIPTURES

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OBSERVE

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PIERCING QUESTION

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PRACTICAL APPLICATION

- Audit the words that dominate your home and internal dialogue.
- Replace repeated fear-based or lack-based speech with truth that is aligned with Yah.
- Speak what you are willing to obey.
- Ask whether your words are producing life, alignment, and order—or reinforcing disorder.

CLOSING PRAYER

Yahuah, teach me to build with words that agree with You. Let what I speak produce life, establish truth, and support what You have authorized. In Yahusha's name, Amen.

WEEK 5

Governed Speech

Authority Requires Discipline

Focus: Authority is not revealed by how much you say. It is revealed by what you are disciplined enough not to say.

CORE SCRIPTURES

Ecclesiastes 3:7; Proverbs 10:19; Psalm 141:3; and Habakkuk 2:20.

READ

Ecclesiastes 3:7; Proverbs 10:19; Psalm 141:3; and Habakkuk 2:20.

OBSERVE

- What does Ecclesiastes reveal about timing in speech and silence?
- What danger increases with a multitude of words?
- What does David ask Yah to do with his mouth?
- What is the response to Yah's presence in Habakkuk 2:20?

UNDERSTAND THE CONTEXT

Ecclesiastes establishes that speech has timing. Proverbs warns that excessive words create opportunity to miss the mark. Psalm 141 presents the mouth as a gate that requires guarding. Habakkuk 2:20 reveals silence as a response to the presence and authority of Yah, especially after exposing idolatry and human systems. Silence in the Kingdom is not emptiness or weakness. It is active presence. We are silent because Yah is there, because we need to hear Him, and because we trust Him to act.

ANCIENT HEBREW KEY WORD STUDY

■■■ (Eth) — Appointed Time

A fixed season, strategic moment, or set timing.

■■■■■■■ (Chashah) — Be Silent

To hold peace, restrain speech, and intentionally not respond.

■■■■■■■ (Chasak) — **Restrain**

To hold back or withhold intentionally.

■■■■■■■ (Shamar) — **Guard**

To watch, protect, and keep under supervision.

■■■■■ (Peh) — **Mouth**

The gate through which words enter and exit.

■■■■■■■ (Heikal) — **Temple**

Dwelling place and seat of authority.

■■■ (Has) — **Be Silent**

Be still, cease striving, and stop speaking.

CONNECT THE SCRIPTURES

Your mouth must come under authority. Emotional speech may provide temporary relief, but governed speech protects what Yah is forming. Authority is not merely what you say. It is your ability to remain under authority while you speak—and while you refuse to speak.

BIBLICAL SYNTHESIS

Silence is not weakness. It is timing, trust, and submission. Some battles are won by refusing to interrupt what Yah is doing. If Yah is moving, your words can either align with Him or interrupt Him. A governed mouth knows when to speak, how to speak, and when to remain silent.

PIERCING QUESTION

Is my mouth under authority—or driven by impulse?

PRACTICAL APPLICATION

- Before responding, ask: Is this the appointed time to speak?
- Practice silence when your impulse is to react.
- Guard your mouth from speech that escalates, exposes, or destroys without Yah's authorization.
- Listen for instruction before filling the space with your own words.
- Remember: silence is not weakness. Silence can be trust.

CLOSING PRAYER

Yahuah, set a guard over my mouth. Govern what I say and what I refuse to say. Teach me timing, restraint, and alignment. Let my words build what You have established—and let my silence protect what You are forming. My mouth is not my own. It belongs under Your authority. In Yahusha's name, Amen.

SERIES SUMMARY

Week 1 — Revealers: Your mouth reveals your source.

Week 2 — Agreement Maker: Your mouth establishes agreements.

Week 3 — Breaker: Your mouth helps renounce what you once empowered.

Week 4 — Builder: Your mouth establishes what Yah has authorized.

Week 5 — Governor: Your mouth must come under authority.

FINAL AUDIT

What is my mouth revealing, agreeing with, breaking, building, and governing?

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