

Biting Your Tongue

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I'm an observer. I like to watch people, I like to listen. I like to try to fix things and I'd like to think I've come a long way from trying to have an answer for everything. I've learned over the years that it's okay to just say "I don't know" and allow the Lord to show me what HE knows.

Recently, I was in the middle of a friend who had some things to say that weren't all that nice. I allowed this person to continue and spoke only one word.... "ok" – because I wanted this person to know I heard them.

After this person said everything there was to say and I said "ok" – I allowed the silence to begin as I had things I had to do and I knew this wouldn't be the end of it because I know this person's heart. The next day this person had asked for forgiveness for what they said. Of course I forgave! I'm always ready to forgive. I know how much healing it has brought me over the years and I when I can, I want to extend this love as much as possible.

Now here is where the rubber meets the road. As the years pass of us walking with the Lord, our growth should be seen in the places where we are having the most difficulty. I love Gina's word the other day because it's true – we need to speak God's word over our lives more than we speak what we see and not let our tongue rule us.

I would ask that each of us pray for someone that we know right now who is struggling in a certain area that we know about. For me, the main thing is my weight, so pray for me please!

The Bible says that a gentle answer turns away wrath, but hard words stir up anger. For those of us who struggle with holding our tongue, I would like to encourage us to use the following to pray for one another. Ask the Lord to help whomever to:

before you speak

THINK

T: is it true?

H: is it helpful?

I: is it inspiring?

N: is it necessary?

K: is it kind?



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