

S.O.H.L.

WEEKLY MINISTRY MEDITATIONS

Pronounced "Soul"

January 13, 2014

Speaking Words of Kindness

PROVERBS 16:24 NLT – (24) Kind words are like honey—sweet to the soul and healthy for the body.

COLOSIAINS 4:6 NLT – (6) Let your conversation be gracious and attractive so that you will have the right response for everyone

EPHESIANS 4:29 ESV – (29) Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

1. **Before you speak, THINK.** Always ask yourself: Is this True? Is this Helpful? Is this Inspiring? Is this Necessary? Is this Kind?

2. **Stop complaining.** Complaining has no use. When people experience a problem, they seem to complain to everyone other than the person who can resolve the issue. Rather than complain, try to calm down and then go directly to the person who can improve your situation.

3. **Don't mix bad words with bad moods.** We have all said something that we regret. This is why you should not mix bad moods with bad words. You can transform your mood but you can't take back words.

4. **Go out of your way to be kind.** Always be kind and be polite. It makes you feel good and others feel good as well - it's as simple as that.

5. **Speak only words you wish to have engraved above the doorway to your future.** The words you speak reflect who you are. We are not only a result of our thoughts but also of our words and actions.

Your greatness is measured by your kindness; your education and intellect by your modesty; your ignorance is betrayed by your suspicions and prejudices; and, your real caliber is measured by the consideration and tolerance you have for others.

SCRIPTURE READING

JOHN 15:13

THOUGHT FOR THE WEEK

Wherever there is a human in need, there is an opportunity for kindness and to make a difference.

