

Friday

Take A Moment

Today's Scripture James 3

“Sticks and stones may break my bones, but WORDS will never hurt me.” Have you ever heard that before? I hate to call out a nursery rhyme, however, this is a big fat lie. There have been many times in my life thus far, where I would much rather someone throw a stone or rock at my face than throw words.

Words are unique. Words can make us or break us. Words can hurt us or heal us. Words can cause great solution or cause great problems. Words are blessings and cursing. Why? Because so many people have trouble controlling what is said. The Bible tells us that human beings (top of the food chain) have tamed “every kind of beast and every kind of bird, and reptiles and even sea creatures but NO ONE can tame the tongue” James 3:7-8).

So how can I improve? The Bible says in James 1:5 “If anyone lacks wisdom, you should ask it of God who gives generously...” One way to learn better to bridle our tongues is to seek wisdom. We must be wise in thought so we can be wise in word. We get so caught up in wanting people to hear our opinion or our reaction or our response, that we forget to (with meekness) listen and reflect and meditate on others. James goes on to say, “You must be quick to hear – slow to speak, and slow to become angry” (vs. 19). My maw-maw used to tell me that God gave me two ears and one mouth for a reason. In wisdom we learn to control our first thoughts. Some of the wisest and most well-spoken people I know, are also the slowest to respond in conversation. Why? Because they have learned to “bridle their tongues.”

Today, I will...take a moment. Take pause. Let it sink in. God knows you have so much to offer, but instead of lashing out, or criticizing, or belittling, take a moment to wisely listen. Then your words may be filled with “purity, and peace, and gentleness, and mercy, and good things” (vs. 17).