

THOUGHT FOR THE DAY: Tuesday 19th March 2024

By Revd Kit Gunasekera

The Tongue

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. - Ephesians 4:29

We have seen and heard recently about the damage that can be done by disgraceful speaking. James has a lot to say about the damage inflicted by untamed tongues, "It is a restless evil, full of deadly poison". (James 3:8) I dare say, he might also mention, texts, emails, posts, and whatever the latest way of communicating is!

The defense sometimes is raised, that these things were said away from the public space, or as a joke or in some other harmless context that only a few people can understand. However, Jesus has some sobering words to say about what comes out of our mouths in any context. "A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."

It is what we say, or more, how we say it, away from the public gaze, that show what is really in our hearts. Or as the saying goes, You are who you are, when no one is watching. The good news is that we can change. At our Lent group last Sunday, we thought about the fruit the Holy Spirit grows in us, and how we can change, or rather, be changed by God, if we are open about our failings.

Let's store up good in our hearts. And let's use our words to build others up, 'that it may give grace to those who hear'.

BIBLE VERSES:

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control.

- Galatians 5:22-23