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Wholeness

Quarterly World Digest of Christian Healing

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HE WEAPONS OF OUR WARFARE

The Rev. Josh Acton, Sharing, May 2008.

Every morning and evening for forty days the Philistine giant approached and took his position. Time after dispiriting time Goliath stood and shouted: "This day I defy the ranks of Israel! Give me a man and let us fight each other." (1 Samuel 17.10) On hearing the Philistine's words, Saul and all the Israelites were dismayed and

Meanwhile, in the village of Bethlehem, a concerned father said to his son: "Find out how your brothers

are doing ..." (v17) The young man might have soon returned with the report that they were as dismayed and terrified as everyone else. He might have done exactly what was expected of him; in which case we would never have heard of David, let alone be able to read whole books of the bible telling of his astonishing exploits. accomplished under the grace and in the love of God. But a faith-filled David is about to provide us with a model response to any truly daunting problem, and also show us how to surmount the demeaning estimation others may have of us.

David's father would have limited the keen young man to simply being an errand boy; that was his role for his son. But it wasn't God's. Just like the son of Jesse, we too can either fulfill man's script for our life, or we can fulfill God's. When they meet, David says to Saul: ""Don't let anyone be discouraged. servant will go and fight this Philistine!" But Saul replied to David, "You aren't able to go against this Philistine and fight him! You're just a boy! He has been a warrior from his youth!"" (17.32, 33) Saul, another powerful authority figure in David's life, gave him the well meant advice that he really would not be able to do it. Good people will try to talk you out of answering

God's call "for your own good", and will convince you that what you are seeking to do is impossible. If you only attempted what was possible, you would not need faith!

If you only attempted what was possible, you would not

God is the God of the impossible! David knew this, as he proclaimed, "The Lord ... will deliver me from the hand of this Philistine!"

When Saul eventually responded to David's persistence he clothed him with his own fighting attire, but David wisely took it off. You can't use natural weapons against a supernatural enemy. We will not get anywhere if we keep exercising our self-will against the "Goliaths" in our life. The key of course is faith, by which David sees the victory before he experiences it. Herein is a lesson for healing prayer, we need to receive by faith what God is going to accomplish in the person for whom we are praying. One needs a heart assured of victory before the battle ever begins.

David took his staff in his hand, chose five smooth stones from the stream, and approached the Philistine. Notice how David takes the initiative. He focuses on what God gives him to do in that moment – and not on Goliath's size and menace. He does not react to the problem, but he gets into the solution. So too must we avoid being intimidated when a very difficult problem confronts us. No matter how huge the problem -God is bigger!

"Meanwhile, the Philistine ... kept coming closer to David. He looked David over and saw that he was only a boy, ruddy and handsome, and he despised him. He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. "Come here," he said, "and I'll give your flesh to the birds of the air and the beasts of the field!"" Satan tries to convince you that you are no match for him. That's his biggest, and sadly, one of his most effective lies. The truth is he is no match for you, because: "... greater is he (Jesus) who is in you than he (the devil) who is in the world." (1 John 4.4)

Did David tremble and flee? Far from it: "You are coming against me with sword and spear and javelin. But I am coming against you in the name of the Lord of hosts, the God of Israel's armies, whom you have defied!" (v45). Wow! We can admire David's audacity, but surely in Christ we have even more right to tell Satan: "You are coming against me with family turmoils, with fears about my health, with financial hardship, with whatever you like ... but I am coming against you in the name of the Lord of Hosts! In other words: Satan, you are out-powered, and it is you who are no match for my God!"

David continues: "This very day the Lord will deliver you into my hand! I will strike you down and cut off your head.... Then all the land will realize that Israel has a God and all this assembly will know that it is not by sword or spear that the Lord saves! For the battle is the Lord's, and he will deliver you into our hand." (v46) "As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him." (v48). David does not run from the problem – he runs to it, because he knows God is right behind him! Prayer ministry is a running to the problem armed with the power of God. "... taking out a stone, he slung it and struck the Philistine on the forehead ... and he fell face down on the ground. So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him When the Philistines saw that their hero was dead, they turned and ran." (vv49-51)

Once you take down the strong man - all his minions flee. Once you get victory in one area of your life, victory starts to be your new norm.



Faith, Hope & Love

These three divine qualities are inseparable and yet they are also distinct, in the same mysterious way that the Father, Son and Holy Spirit co-exist and yet are also unique beings. These are the three key attributes of our spiritual life, of our very existence; humans alone can own these immortal virtues: "So now faith, hope, and love abide, these three... (1 Cor. 13.13)

Faith is a spiritual response, an awakening quickened through hearing what God has done. Jesus was born, he preached and worked miracles in Galilee, he was arrested, judged, and hung on a cross, he rose from the dead and ascended to heaven to the right hand of God. Our belief in these events may be unshakeable, but faith is more than belief. Faith is believing that these events occurred specifically for us. Faith is more than knowing, it is experiencing the reality of what God has done: "And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus." (Ephesians 2.6)

The Amplified Bible defines hope as "joyful and confident expectation of eternal salvation." As Jesus rose up into the clouds the angels said: "This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven.' (Acts 1.11) And as we know so well from 1 Thessalonians 4.16-18: "For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words." This very day let us indeed make a fresh commitment to encourage each other with these victorious words of eternal hope

"So now faith, hope, and love abide, these three; but the greatest of these is love." Where faith and hope are focused in adoration and in service, that is where there is love; its expression being the only real evidence that our faith and hope are themselves real. The sacrificial meeting of others' needs was Jesus' high calling, and it is ours also. Love isn't something we can summon up as required, it is a fruit of the Holy Spirit, springing forth only in response to our acceptance of God's love for us. If we would reach out to a people living in the shadow of death, then we need to ask God to make real to us what He has done, and to inspire us with a vision of our eternal destiny; then and only then we will be able to love. Amen.

Once you have dealt to anxiety, resentment or unforgiveness then migraines will flee as well, skin diseases will disappear, paralysis will be healed. Once you pick off Goliath, the Philistines drop like flies!

We each have his promise of victory and the power to see that glorious victory realised. "Finally, be strengthened in the Lord and in the strength of his power. Clothe yourselves with the full armour of God so that you may be able to stand against the schemes of the devil" (Ephesians 6.10-11).

PRAYING ON THE ARMOUR

Sarah Flynn, The Healing Line 2009

Francis McNutt has written a prayer of protection that we use daily at Christian Healing Ministries, and which we teach at our School of Healing Prayer.

In the name of Jesus Christ and by the power of His cross and Blood, we bind up the power of any evil spirits and command them not to block our prayers. We bind up the powers of earth, air, water, fire, the netherworld and the satanic forces of nature.

We break any curses, hexes or spells sent against us and declare them null and void. We break all assignments of any evil spirits sent against us and send them to Jesus to deal with them as He will. Lord, we ask you to bless our enemies by sending your Holy Spirit to lead them to repentance and

Furthermore, we bind up all interaction and communication in the world of evil spirits as it affects us and our ministry.

We ask for the protection of the shed blood of Jesus Christ over_ _ (our families and all those we hold dear, our homes, cars, pets, job, churches, etc).

Thank you, Lord, for your protection and send your angels, especially St. Michael the Archangel, to help us in the battle. We ask you to guide us in our prayers: share with us your Spirit's power and compassion. Amen.

Amen indeed! Francis and his wife Judith recommend adding a petition for protection from accidents, sickness and harm. They also emphasise that when these prayers are prayed together by a married couple they are more effective. In addition to the Prayer of Protection, we actively "put on the whole armour of God" as described in Ephesians 6:10-18. Each day I pray: "Because of Jesus' love and sacrifice for me, I am honored and privileged to put on the helmet of salvation, the



breastplate of God's righteousness and the girdle of His truth. For shoes, I put on the peace that comes from the Good News of Jesus Christ so that I will be prepared to fight at all times. I take up the sword of the Spirit which is the word of

God (Lord, please remind me of scriptures today which will defeat Satan and his dark realm); and the shield of faith behind which I stand firm, and pray against the fiery darts of the enemy."

I also pray daily prayers like those found in Liberty Savard's "Shattering Your Strongholds", and Joy Lamb's "The Sword of the Spirit, the Word of God".

Positive Affirmation

I bind my mind to the mind of Christ I bind my will to the will of Christ I bind my emotions to the emotions of Christ I bind my desires to the desires of Christ I bind my affections to the affections of Christ I bind my feet to the paths of Christ I bind my hands to the works of Christ I bind my mouth to the words of Christ I bind my ears to the words of Christ I bind my eyes to the vision of Christ I bind my character to the truth of Christ I bind my heart to the love of Christ

"I loose from myself anything that is not like Christ (lust, anger, jealousy, selfishness, pride, arrogance, gossip, criticism, judgement, etc) and declare all of those aspects of the old sin nature dead in Christ Jesus (Gal. 3:20). I present myself, a living sacrifice, as an instrument of righteousness and not of sin. All this I do for the sake of my Lord, Jesus Christ, and by the power of the Holy Spirit and all for the glory of God, my Father in heaven. Amen and amen."

The Strife is O'er the Battle Done

(Anonymous)

The strife is o'er, the battle done; Now is the Victor's triumph won; Now has the song of praise begun;

Alleluia!

The powers of death have done their worst, But Christ their legions hath dispersed; Let shouts of holy joy outburst;

The three sad days have quickly sped; He rises glorious from the dead; All glory to our risen Head;

He closed the yawning gates of hell: The bars from heaven's high portals fell; Let hymns of praise his triumph tell, Alleluia!

Lord, by the stripes which wounded Thee, From death's dread sting Thy servants free, That we may live and sing to Thee,

Alleluia, alleluia, alleluia!

Alleluia!



The first three verses of the above hymn were printed in our February 2009 edition. A faithful reader, John Smith of Hawthorn, Australia, was sufficiently inspired by the words to locate the full five verses in the Primitive Methodist Hymn Book of 1899, and to further research their origins. John learned that the hymn was translated into English by Francis Pott in 1851 from the Latin version of 1695. The 1695 version itself is reputed to be a translation of a 12th century hymn. The tune scored by Francis Pott was adapted from one composed by GP Palestrina in 1591. The history is most interesting, but it is the power contained in these words of praise that is truly uplifting.

SET APART CHRIST AS LORD

Dave Whitehead, Senior Pastor, Grace NYC

"But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behaviour in Christ may be ashamed of their slander."

1 Peter 3:15-16

Have you ever met a Christian who was prepared to correct everyone and anyone, but didn't have gentleness or respect for those who disagreed with them? In an age of reality TV we have lost the art of respectfully disagreeing. One of the things that I have come to realize is that it's my job to answer those around me who ask about Christ, but it's the Holy Spirit's job to win their hearts. This keeps me from taking on the pressure to be right or to win the argument. Through determination we can win the battle but then lose the war for someone's soul. How subtle is the inclination to "be right", and even more deceptive is the impulse to "stand up for God." Sometimes the greatest statement is simply to say nothing, or to passively endure ridicule or slander. Remember Jesus, who when He was slandered didn't retaliate. It can be our silence or even our suffering that becomes our greatest witness. Whether we speak or don't speak: "... in your hearts set apart Christ as Lord."

Stop Worrying About It! Word for Today, Bob Gass

"Cast your burden on the Lord, and He shall sustain you"

Psalm 55.22

When worry comes knocking on your door stop it on the doorstep, or it will move in and take up residence! Stop it by being obedient: "Cast all your anxiety on him because he cares for you" (1 Peter 5.7). God cares about the things that worry you and prey upon your thoughts. He cares about them more than you do. Not one nagging, aching, worrisome, gut-wrenching, blood-pressure-raising thought escapes His notice. Because you are his personal concern, He watches over you day and night.

What qualifies as a worry? Anything that robs you of joy, anything you can't change, anything you're not responsible for, anything you're unable to control, anything that torments you, anything that keeps you awake when you should be asleep. All of that 'stuff' needs to be transferred from your worry list to your prayer list. The Bible says, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace... "(Philippians 4.6-7). Give each worry, one by one, to God. The more you practise doing this, the more exciting your walk with Him will become. You'll be amazed at how easily He handles things that would otherwise overwhelm you. Remind yourself that He's able to handle it, willing to handle it, and waiting for you to give it to Him. "Cast your burden on the Lord, and He shall sustain you." (Psalm 55.22) Those who live worry free lives are those who keep casting their burdens on the Lord until it becomes as natural to them as breathing! This is the will of God; this is the heritage of those who fear the Lord.

"Word for Today" is written by Bob Gass and is published by the Rhema Broadcasting Group Inc. A free copy of their daily devotional is available from PB 92636, Symonds St, Auckland 1150, New Zealand.

ORDER OF ST. LUKE

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> 'Happy are those whose transgression is forgiven, Whose sin is covered.

Happy are those to whom the Lord imputes no iniquity, And in whose spirit there is no deceit.

urn away



Rev. Lionel Brown

In my Bible this Psalm is headed: 'The Joy of Forgiveness'. Apparently it was a favourite of Augustine's, who is said to have had it written on the wall opposite his bed in his last illness. There are four words in this passage to describe our sin:

- 1. transgression, wilful disobedience of God's commands
- 2. sin, missing out on the true goal of life
- 3. iniquity. crookedness of character
- 4. deceit, self deception when we try to excuse our wrong doing and evade the obligation to clear our self of guilt.

experienced David had the crushing effect of all these forms of sin. However, once he was prepared to acknowledge his sin and seek forgiveness from God he experienced a new freedom of spirit and was able to declare: 'Happy are those whose transgression is forgiven, Whose sin is covered.'

This could be paraphrased: 'There is peace and freedom for those whose rebellion is lifted from them, whose sin is covered by the hand of God.'

And from this comes a character which is no longer crooked and self deceiving. More than this, such forgiveness has healing qualities. David says (vv. 3,4) that as long as he didn't

confess his sin: '....my body wasted awaymy strength was dried up as by the heat of summer.'

While we know that illness is not necessarily caused by sin, it is also true that sin can be very destructive both physically and mentally. It has been said that confession is good for the soul; in this Psalm we are reminded that it is also good for the

I am writing this during Lent, which is the season of preparation leading up to Easter. Lent is the time when we are encouraged to take stock of how we stand before God. However, this is not something that we should confine only to this season. In our Christian discipleship Lent should be a daily exercise, and in so doing we will experience each day the incomparable joy of forgiveness.

Lionel Brown

The Raising of Lazarus John II: 1-44

John Ryeland, Connections, Spring 2006

The account of the raising of Lazarus from the dead is one of the most dramatic stories in the ministry of Jesus. Perhaps the only way to really appreciate what happened is to imagine that we are reading about it for the first time - not knowing how it was all going to turn out. It really

is a powerful story, and there is much that we can learn from it, but until the last moment it seems as if there is confusion, bewilderment, and someone not being healed.

The narrative starts in a way that typifies many gospel healing stories - with a request to Jesus for his help. Lazarus, Jesus' friend, is ill and his sisters

send word to Jesus of the situation. Curiously, rather than going to heal Lazarus as we would expect, Jesus deliberately puts off seeing him, and in the meantime his friend dies. Eventually Jesus goes to see Lazarus's sisters, and their reaction is reasonably predictable: "If you had been here you could have healed him!" In reply to Jesus' encouragement to keep believing, Martha makes one of the boldest declarations of faith in the Gospels. "I believe that you are the Christ, the Son of God, who was to come into the world." (v27)

Despite her revelation, it isn't long before Martha's faith wavers, and she has no comprehension of what is about to happen when Jesus orders that the stone be rolled away from the tomb. However, Jesus steadies her faith: ""Did I not tell you that if you believed, you would see the glory of God?" Then Jesus called in a loud

voice, "Lazarus, come out!"" The result was so astonishing, and so commonly known, that from then on Jesus could no longer go about in public due to the Sanhedrin's determination to kill him.

I want to think a little more about Martha's statement of faith: "I believe that you are the

> Christ, the Son of God, who was to come into the world." I remember someone telling me that they really began to take the Christian faith seriously when they read the famous verse in John 3:16 - "God so loved the world that he gave his one and only Son ..." - and in place of the phrase 'the world' they put their own name.

It is one thing to believe that God loves the whole world, it is quite another to believe that He actually loves me!

We could personally apply Martha's statement of faith in a similar way. Being the one who has come into the world, means that Jesus has come into all the world's situations, including our own. We could therefore personalize the statement to say: "I believe that you are the Christ, the Son of God who has come into ... my marriage, my illness, my depression ..." into whatever situation in our lives needs him most.

As with Martha, there will no doubt be moments when that faith is tested, and when it may even wobble from time to time. But above all, that initial conviction of his personal love, care and involvement, is what is going to see us through hard times until we again rejoice in Jesus' faithfulness, and we too see the glory of God.

THE NATURE OF FAITH

Author Unknown, based on the writings of Charles Finney

In the ninth chapter of Mark's Gospel (verse 14 - 29) is the account of Jesus setting free a deaf and dumb boy by rebuking the unclean spirit and commanding it to leave. The boy's father had pleaded: "If you can do anything, have pity on us and help us". Jesus' response was: "All things are possible to him who believes". The father cried out: "I do believe; help my unbelief".

In this instance, Jesus responded to the man's request. Now, believing that Jesus can heal the sick is reasonable because there is both Biblical and contemporary evidence. But simply believing the evidence is not faith. The following paragraph adapted from Charles Finney's book "Power from on High" illustrates the difference between "believing the facts about a person" and "having faith in that person".

'Imagine if I were sick almost unto death, and someone should recommend to me a physician who was surely able and willing to save my life, and I should listen to the testimony concerning him until fully convinced that he was both able and willing to save my life, and I was then told to believe in him and my life would be secure. Now, if I understood this to mean nothing more than to credit the testimony with the firmest conviction, I should reply: "I do believe in him with an undoubting faith. I believe every word you have told me regarding him". If I stopped there I should, of course, lose my life. In addition to this firm conviction of his willingness and ability, it would be essential to apply to him, to come to him, to trust his person, to accept his treatment. When I had intellectually accepted the testimony concerning him with an unwavering belief, the next and the indispensable thing would be a voluntary act of trust and confidence in his person, a committal of my life to him, and to his sovereign treatment in the curing of my disease.' (pp. 69-70)

It is so important to know the difference between the option of believing the facts and the imperative of acting on those facts. Just accepting as true the good news of God's sovereignty is not enough; even the devils believe and tremble. (James 2.19) FAITH IN GOD means putting ourselves - "lock, stock and barrel" - under His reign, and demonstrating our trust by obeying His Spirit. Jesus' words leave no room for misunderstanding: "If you love me, keep my commandments." (John 14.15)

Surely I was sinful at birth, sinful from the time my mother conceived me.

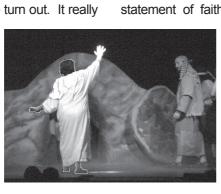
(Psalm 51.5)

The heart is deceitful above all things and beyond cure. Who can understand it?

(Jeremiah 17:9)

"Flesh gives birth to flesh, but the Spirit gives birth to Spirit. You should not be surprised at my saying, 'You must be born again."

(John 3.6,7)



Healing is a Way of Life

God Wants You to Have These Blessings

Canon Jim Glennon

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." (Luke 11.9) Scripture reading: Luke 11.1-13

We all have material needs and we would be very unrealistic if we said we hadn't. I believe that part of our Christian understanding, part of our prayer activity, part of what we mean by the Prayer of Faith, is to believe that God is concerned about providing for each need. We are more important than the sparrows and the crops, all of which God looks after perfectly. If he looks after these things so well, he will look after us in even greater perfection.

In the third epistle of John we read: 'I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth' (3 John 2). It is this kind of balance I want to bring into focus, to encourage us all to bring every need under the umbrella of faith and believe God for his provision. If you have a need for your soul, then believe for it in prayer. If

you have a need for health, then believe for it in prayer. And, if you have a need of a material nature, believe for that in prayer, and God will meet all your needs out of his bounty.

"Our loving Father, we believe today for material provision, so you will make our hearts glad, your name will be glorified and your Kingdom will be extended.

Lord, you know the needs we all have and we believe for those needs being met now, in Christ our Lord. Amen."

Do you want to be made whole? **Accept Christ as Saviour**

Canon Jim Glennon

"And if the spirit of him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies through his spirit, who lives in you." (Romans 8.11) Scripture reading: Acts 2:14-21

It is through Christ, and through Christ alone, that we are made to be One with the father. By ourselves we are not good enough, but Christ has come, and, if we put our faith in him and in what he has done for us on the cross, our shortcomings are forgiven. For this reason we speak of Christ as our 'saviour'. So, when you come for healing, the spirit who is

doing the healing is forming Christ in you—Christ, who is our salvation, who provides forgiveness and reconciles us to the father.

For this ministry to be fully effective, it requires us to come to the point where we accept for ourselves the work that the Holy Spirit is doing. God takes the initiative, but we have to respond because God has given us the right of choice. It is possible for the spirit to be ministering to someone, yet he, or she, chooses not to respond. That is the person's right. But I would prefer to put it positively and say that the

individual concerned must come to the point where he accepts Christ for himself as the one who saves him, as the one who forgives him, as the one who makes him right with God, both now and always.

Key thought: It is through Christ alone that

Loving father, our prayer is praise that, when we were far off, you met us through your son. We accept Jesus as our lord and saviour; we accept your healing which leads to wholeness. Thank you father, thank you Jesus, thank you Holy Spirit. Amen.

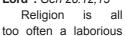
These extracts are from "Healing Is A Way Of Life - Practical Steps To Healing", which is a new 261 page book presenting the late Canon Jim Glennon's teachings in the form of daily studies. Many readers will know that Jim's restoration by God from deep depression led to a 28-year healing ministry at St Andrew's Cathedral, Sydney, which saw large numbers of people blessed, healed and made whole.

The book can be ordered from: Zillah Williams 61 Stretton Crescent, Latham, A.C.T. 2615 \$22.95 + postage (\$25 if posted within Australia) Email: zillahwilliams@gmail. com Phone (02) 6254 3089

NOT UP, BUT DOWN

John Borman, Faith for Daily Living

"He had a dream in which he saw a stairway resting on the earth... There above it stood the Lord". Gen 28:12,13





exercise in looking for God and trying to gain his favour. Some people go to great lengths to fulfil devotional discipline and to diligently serve in the church hoping that this will prove to God how good they are.

Generations before Jacob, so Genesis tells us, a group of people built a tower (Gen11:1-9). It was to be a skyscraper that would go so high they would be able to climb right up to heaven. They never got to the top; rather the result was disagreement, division and confusion. When Jacob lay down to sleep the opposite happened. God in his mercy set a staircase down to him and appeared at the top of it. He drew near and spoke to the runaway Jacob, calmed his fears, and even in the midst of Jacob's guilt and terror became to him "an ever-present help in trouble" (Ps 46:1 NIV). Jacob in no way deserved such grace and mercy from God.

To some extent we are all in the same plight as Jacob. We carry with us shameful memories of deeds and words, and we try to build our pathways to heaven partly to erase the guilt within. In doing so we forget that our only hope is not our own works nor struggles, but his mercy. We reach heaven when God comes down to us and touches our lives. and offers us his stairway to eternal life. In doing so he lifts us up and makes us his sons and daughters, he sets us on our feet and sends us on our way. Let us not look for God, nor work for his favour, but simply respond to the revelation he has given us of himself in his Son.

Healing Is

A Way Of Life

Practical Steps To Healing

we are reconciled to God our Father.

The Power of the Tongue

Intercessors for New Zealand

"Death and life are in the power of the tongue, and those who love it will eat its fruits." (Proverbs 18:21) Most of us are well aware of the power of other people's words, because we have all been hurt or alternately encouraged by what other people have said to us. But often we are less aware of the power of the words we have spoken to other people. A wrong choice of words, or words spoken out of a bad attitude or spirit, or even just uttered at the wrong time, can really hurt, discourage, depress or anger. In the worst case the results can be people never speaking to each other again. But conversely, saying the right words, with the right attitude and out

of a heart of love, can build people up, encourage them. and change even their life. We all "eat the fruit" of what other people's and our own



tongues utter - for better or for worse. Pray that as Christians we will only say those things which are true, kind and loving, and spoken out of a genuine desire to encourage and to help the other person. Also pray that God will give us the grace to forgive those who have hurt us by their words, and that God will heal any deep wounds we may carry as a result of any poison conveyed to us or to those we love. Then, let us major on the positive: "A word fitly spoken and in due season is like apples of gold in settings of silver." (Proverbs 25:1)

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