

What You Say Is What You Get

Proverbs 12:12-14 One of my constant prayers is that the law of kindness would be upon my tongue and that my conversations would be seasoned with grace. There is a proverb that says that pleasant words are health to our bones. This proverb says that we are satisfied with good by the fruit of our lips.

Everyone desires to live a pleasant and good life. Whether we attain this depends on what we speak. If we are critical, judgmental and always murmur and complain, we will not be satisfied with good. The fruit of our lips will taste bitter. If we have a grateful heart and look for ways to exhort people to love and good works by our words, we will be satisfied with good fruit.

Each day we live we will be able to taste the goodness of the Lord. The Bible says to taste and see that the Lord is good. It is interesting to me that most digestive problems have to do with an overproduction of acid in our stomach. The Bible also warns against the gall of bitterness. Bitterness in the heart will always cause bitter words to come out of our mouths, and this may ultimately affect our physical bodies. When we are critical and judgmental of others, acid words can come out of our mouths that will eat away at our joy and the joy of others.

Nothing feels better than having been satisfied with a good meal. When we are satisfied, we feel a great sense of peace and well-being. When we speak kind, uplifting words to others, we also will have that sense of peace and well-being. What we speak has the power to set the atmosphere at the dinner table. Have you ever thought about that? Most counselors suggest that people not argue at the dinner table because it brings stress to their digestive systems. Communication at the dinner table should be uplifting and peaceful. Meal time should be a time of not only giving thanks before the meal, but also of

thanking the Lord for one another during the meal. Sadly to say, many households spend little time at the dinner table together. TV, activities and the computer have stolen our times together as a family at the table. Eating together should be an experience that we look forward to. It is just not time to "slop the hogs," as some people say.

Tonight make a special effort to gather together the whole family around the dinner table. Make something special, and then think of sharing with each person present an uplifting and encouraging word. If you live alone and eat your meals alone, use your meal time to read some of God's Word. Make a practice of these dinner habits, and I believe your digestive problems will be solved.

Lord, forgive me for being so busy with outside activities that I seldom eat with the entire family and have time for conversations. Relationships are very important to You, and sometimes I trade relationships for activities. Help me to daily taste and see that the Lord is good, and then share Your goodness with others at meal time. Amen.

**READ: Deuteronomy 23:1-25:19; Luke 10:13-37; Psalm 75:1-10;
Proverbs 12:12-14**