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THE QUESTION OF THE WEEK

"From the fullness of the heart the mouth speaks."
Luke 6: 45

Words. Expressions. Tone. Snarkiness. Biting Sarcasm. Criticism. Rash Judgment.
Words. Expressions. Tone. Gentleness. Affirmation. Understanding. Acceptance. Pardon.

Our words are powerful indeed. Sometimes our words are powerful beyond words. The right word can be the most uplifting experience, transforming, hope-instilling. The right word can break through the wounds of life and bring a healing touch. The right word can inspire a change of heart. The right word can breathe new life into a soul that was floundering and looking for a reason to go on. The right word can sustain someone whose resolve was flagging and whose weariness was winning.

There are other uses for words though. The wrong word can pierce the heart doing more damage than a knifepoint. The wrong word can drain the last ounce of hope out of a weary soul. The wrong word can drive the fragile soul deeper into a sense of worthlessness. The angry word can bully another into submission. The vile word can destroy a person's sense of self-worth. A carping word can give rise to resistance and rebellion in relationship. A sarcastic word can reduce another's self-esteem to nothing.

So which is it going to be? What kind of words are coming out of our mouths on a regular basis? Do I even listen to myself anymore? Do I always give my own words a free pass, as having no negative or devastating effect on the other, while their words can only tear me down? What kind of words are going to come out of my mouth? Today? Tomorrow? Jesus has a very interesting word for us that appears above. "From the fullness of the heart the mouth speaks." I have a friend who periodically asks me a very simple question. Where's your heart?" It always stops me dead in my tracks and makes me think. What is going on in my heart? Where is my heart? Because from that place will my words come forth. Can we listen to ourselves this week? Can we afford not to? That is the question of the week.