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Dear friends,

Today our culture is polluted with hurtful and demeaning criticism and if we as Christians are not careful we can be caught up in this awful behavior. Jesus teaches in Matthew 12:34...For out of the abundance of the heart the mouth speaks.....Matthew 12:36 I tell you, on the day of judgment people will give account for every careless word they speak.

The Bible stresses that what we say is an accurate indicator of what is in our heart. If your words bless and encourage others, they give evidence of a compassionate heart. If you share the good news about Christ, you demonstrate a heart that is grateful for your own salvation. When others are in a crisis, do they know they will find peace and comfort in your words? Do you frequently and spontaneously offer prayers for others? Do your words and the manner in which you say them reveal a patient heart?

**All of these behaviors indicate a heart that is like the heart of the Father.**

Or do you ever regret your words?  
Are there people, even now, who are hurt because of something you have said? Do you gossip? Do you tend to criticize others? Do you feel that you are not responsible for what comes out of your mouth when you are angry? Does your mouth spew grumbling and complaints?

**These behaviors come from a heart that is not like God's heart.**

Scripture clearly states that an abusive tongue is not under the control of the Holy Spirit (James 3:3-10). A sanctified mouth is a wonderful instrument for the Lord.

Ask Jesus to discipline your mouth so that every word you speak can be used by God to encourage and edify others.

James 3:17 But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.

Some of this content is from Experiencing God Day by Day. By Blackaby.

Please continue to pray for Alpha as we work with people who are suffering under the current problems caused by our hostile culture. Thank you for all you do for Alpha!

*Richard*