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August, 2023

Dear Friends!

In one of my devotions the final thought was;

'Take a word from Scripture dwell on it, agree with it, and bind it to your thoughts, your emotions, your heart, and your mind.'

I'm taking this suggestion personally and working to ingrain certain scripture into my behavior. As I watch our American culture fall apart, I am saddened by the hostile words and attitudes so prevalent in the media and it can be so easy for us to get caught up in the negativity surrounding us. So the thought I'm working on is 'tenderhearted'!

Ephesians 4:29-32 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. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

So these verses describe the behavior that ought to characterize Christians as we relate to anyone. Our actions ought to be filled with kindness. Tender heartedness is love expressed in practical ways;

it is putting the needs of others before our own. It is intentionally considering ways to meet other people's needs. Being tenderhearted means that we are keenly sensitive to the circumstances and feelings of others. When a person experiences sorrow, we grieve also. When someone is joyful we, too, rejoice.

Being tenderhearted means showing compassion toward those around us.

Part of my focus on being tenderhearted is continuing to work on the sound of my voice when talking with people. I grew up in a verbally hostile environment. As much as I hated negative tone in conversations I learned it too well and have struggled with my tone my whole life. I found a helpful saying some time ago that keeps reminding me about my tone which can be harsh!

'Raise your words not your voice! It's the rain that grows flowers not the thunder!'

I keep reminding myself that the only person on earth I have power to change is me!

So please pray for me as I focus on applying God's word to my life.

Thank you so much for your ongoing prayers for Alpha, Debi and me.

God bless you and ask God what Bible word He wants you to focus on to change your life!

Richard