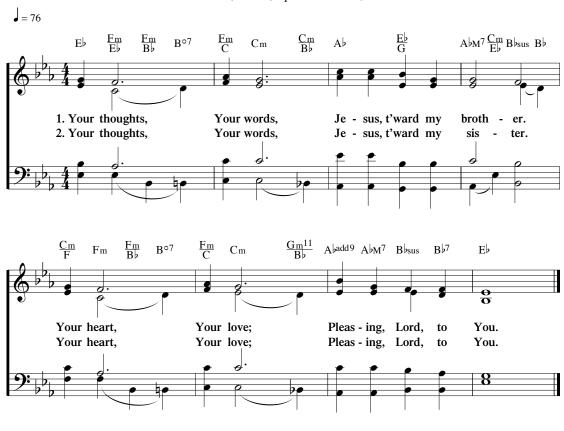
## Your Thoughts, Your Words

John 13:34; 15:12; Ephesians 4:15, 29-32



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**MEDFORD** 4.6.4.5.

**TOPICS:** God's Love; Relationships; Serving in Christ's Name

LEAD-IN: Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen...Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:29-32, NIV).

## LEAD-IN DEVOTIONAL READING:

## **A Tense Situation**

Lord, a tense situation faces me. The issues are sensitive and serious, and I am angry and anxious.

My Lord, nothing matters but me saying what You want me to say. Nothing else matters. Help me to make whatever adjustments are necessary on my part.

But I cannot calm my racing mind or raging emotions.
I look to You, Jesus, in my weakness.
Control me completely right now by Your humble, tender, loving, selfless, submitted Spirit.
Wash away any feelings of spite or bitterness or fear for the outcome.
Help me not to lash out on my own behalf but to respond only as Your servant.

Have Your will, loving Lord, first of all in me, and then in this situation. May You be glorified and Your kingdom advanced through whatever happens. And, Lord, I will rejoice in that and in You.

Be with me through this, my Father. I know You are, and I praise You right now.