

# Gentle words



Be gentle with your  
words, you can't  
take them back.

-Willie Nelson-

The Bible tells us that we accomplish more by responding to those who are cruel or angry with gentleness. When people lash out and say hurtful things, it is often because they have pain in their hearts.

Christians believe that God wants us to be people who say kind things that will help "heal" the hurt in others. Gentle words are like "God's bandages" for those who are hurt.

We all speak harshly to others at times - sometimes to those we love most of all. How can we change this way of speaking?

Speaking gently and respectfully doesn't always come naturally. The more we practise it, the more natural it becomes.

Dear God,

We thank you for the people in our lives that are gentle with us.

Help us to be gentle and help other people feel warm and special.

Amen