

**February 13, 2019**

My mother has turned me on to the “Verse of the Day” by Phil Ware which you can find at <https://www.verseoftheday.com/>. The entry for Monday, February 11, was based on the scripture of Ephesians 4:29, “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.” This is powerful instruction. I would include not just the words that come out of people’s mouths but also the words they write. Words can be used to hurt people and are often written for that sole purpose. Cyber bullying is a modern example but so is hate mail. Toxic letters – especially anonymous ones – are designed to do damage from a distance. These words don’t invite conversation, and they don’t change anything. They only breed pain, anger, and defensiveness. Jesus challenges his followers – including ones living now – to respond with words and actions that build up and benefit others. Our church is doing just that, and our hope is that you will join us, not just in worship, but in words and deeds as well.