

10 DAY FAST

SOWING GOOD SEED

DAY NINE · AUGUST 1 · KRISTEN PONTIOUS

“A false witness who pours out lies, a person who sows discord in a family.”

Proverbs 6:19 NLT

The ESV translates this sin as those who "sow discord." To "sow" is a reference to farming and it means to deliberately plant seeds. The person who "sows discord" uses gossip, lies, unfounded accusations, negative criticism, and backbiting to accomplish his goal. The result which "sprouts" from those actions is strife.

Life is hard enough, as it is—and to create even more conflict between those who ought to be working together just creates frustration, stress, and heartache. Have you ever faced a conflict with a family member or friend? Maybe a coworker or another parent? At some point you have to make a decision whether or not there actually is a problem. Not all conflict can be avoided, but how you choose to handle it can prevent additional turmoil.

I have learned when conflict arises, when I find myself upset or hurt, to just let go of the offense and let God know how I feel. He usually responds with a sense of peace, followed by relief. It's always easy to respond or retaliate. It's NOT easy to let go. In the past when I've tried to "handle" someone or correct them, it just causes more disagreement. I trust that the Holy Spirit will move and manage

that person's heart. It's not my responsibility.

Proverbs 15:1 says "A gentle answer deflects anger, but harsh words make tempers flare."

Matthew 5:9 MSG "You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family."

1 Peter 3:8-9 NLT "Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing."

This part in 1 Peter sums it all up. Pay them back with a blessing. It doesn't cost much. You can afford it, I promise. Just bless them. Love them. Forgive them. And find ways to sow good seed.

