



So what do we do? Three practices for this week.

First, audit your speech.

For the next seven days, pay attention to what comes out of your mouth. Are your words building up or tearing down? The next time you want to share that concern about someone, ask yourself, is this prayer, or is this gossip? Is this building a bridge or digging a trench? If you cannot say it to the person's face in love, do not say it behind their back. Ask the Spirit to set a guard over your mouth.

Second, release one grudge.

Identify one person you have been bitter toward. Not the person who wronged you worst, just one. And take a step toward forgiveness. Maybe it is a prayer. Maybe it is a conversation. Maybe it is just deciding in your heart, I am releasing this to God because He released me. The Spirit who sealed you for redemption is able to break the power of bitterness in your life.

Third, replace the negative with the positive.

Every time you catch yourself wanting to speak harshly, pause and ask the Spirit to give you kind words instead. Every time you feel anger rising, take a breath and ask Him to produce patience. Walk in love. Not perfectly, but intentionally. Step by step. Day by day.