FAMILY MATTERS | PART 3

The Words Within the Walls

"A good man out of the good treasure of his heart bringeth forth that which is good... for of the abundance of the heart his mouth speaketh." **Luke 6:45**

"He winketh with his eyes, he speaketh with his feet, he teacheth with his fingers; Frowardness is in his heart." **Proverbs 6:13-14**

The mouth is not the only thing that speaks. Whatever is stored in the chambers of the heart will be heard within the walls of the home, through our words, our faces, our hands, our feet, and even our silence.

How We Speak	When the Heart Is Wounded or Hard	When the Heart Is Guarded and Full	Scripture (KJV)	The Practice This Week
The Mouth *(our words)*	Sarcasm, put-downs, "you always," "you never."	Words that build up and give grace.	**Ephesians 4:29** *"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."*	Before you speak, ask: will this build or break?
The Tone *(how it sounds)*	The right words in the wrong voice. Shouting, snapping, the cold "fine."	A soft answer that lowers the temperature.	**Proverbs 15:1** *"A soft answer turneth away wrath: but grievous words stir up anger."*	Lower your voice when the conversation rises.
The Face *(our countenance)*	The fallen face, the eye roll, the sigh that says it all.	A face that welcomes people home.	**Genesis 4:6** *"Why art thou wroth? and why is thy countenance fallen?"*	Greet your family with your face before your words.
The Eyes *(our attention)*	Looking at the screen instead of the person.	Looking at them when they talk.	**Luke 22:61** *"And the Lord turned, and looked upon Peter."*	Put the phone face down when someone speaks to you.
The Hands *(our touch and gestures)*	The pointed finger, the dismissive wave.	Hands that hold, help, and bless.	**Mark 10:16** *"And he took them up in his arms, put his hands upon them, and blessed them."*	A hand on the shoulder. A hug at the door.
The Feet *(our presence)*	Walking out mid-conversation. Never showing up.	Running toward them.	**Luke 15:20** *"His father saw him, and had compassion, and ran, and fell on his neck, and kissed him."*	Show up for the game, the recital, the hard talk.
The Silence *(what we don't say)*	The silent treatment. Punishing with distance.	Quiet presence that comforts.	**Job 2:13; Ecclesiastes 3:7** *"They sat down with him upon the ground seven days and seven nights, and none spake a word. ... A time to keep silence, and a time to speak."*	Know the difference between a silence that heals and a silence that punishes.
The Ears *(how we listen)*	Waiting to talk instead of listening to understand.	Listening first, all the way through.	**James 1:19** *"Let every man be swift to hear, slow to speak, slow to wrath."*	Repeat back what you heard before you answer.

At your table this week: Pick one row. Talk about it together, practice it all week, and ask God to fill the chambers so that every part of your house speaks love. "The LORD make his face shine upon thee" (Numbers 6:25).