

Tuesday 26th May 2020

"He who guards his lips guards his life,

He who speaks rashly will come to ruin." (Proverbs 13:3)

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." (Colossians 4:6)

The proverbs of Solomon were written by him or collected by him from others. They were seen as guidelines for Godly living. They are as relevant today as they were in Solomon's time.

How often do we 'put our foot in it' or want 'the ground to open up and swallow us' when we blurt out what was better left unsaid? We fall easily into the trap of making hurtful and untrue comments. *"The tongue is a small part of the body but it makes great boasts"* (James 3:5)

At this time of stress in our lives we need to keep calm and support each other. We need to be empathetic with those suffering separation from their loved ones, those who are alone, mentally distressed, bereaved or struggling with physical disabilities or drug addiction.

It is a time to act on the good news of the love of God. That is what Paul, in prison at the time, was writing about to the Colossian and other churches who were mixing up their Christian teachings with paganism and other philosophies. When speaking about God, he implies, make it positive and 'tasty' (*'seasoned with salt'*) and full of grace.

Even in our current adversity we need to keep positive and remember that in spite of our fears, doubts and thoughtless words God loves us and, through Jesus Christ's example, He is there to help us walk in his ways.