



Moments of *Inspiration*

A Reflection of Your Heart by Tianna Bowery

The Lord detests the thoughts of the wicked, but gracious words are pure in his sight. Proverbs 15:26

What do your words say about you? Our mouths are a vent from our hearts and only what is in it will be able to come out. Are your thoughts and speech an abomination unto the Lord? Or are your words and thoughts seasoned with grace that seek to uplift men and rejoice in God? What does your heart say about you?

In Luke 6 verse 45, it tells us that a good man brings good stored up in his heart and an evil man brings evil things out of the evil that is stored in his heart. For the mouth speaks what the heart is full of. Fools like to speak before they think and often slander and speak down to others. The wise know how to hold their tongue, speak kindly and share good advice.

What words are you speaking? Are they wicked or gracious? Are your words uplifting or tearing down?

The passage in focus encompasses the immense power of speech for good or bad but also addresses the content of our heart.

Dear God, I pray that I may adopt gracious ways to speak to others and make it a way of life. Help me to be careful when responding to others so that I may always represent who you are. May my heart be as pure as you are and my words be a tree of life that reflect your gracious nature. In your name I pray, Amen.