

SEPT 6

FRIDAY | ORDINARY TIME

“Worry weighs a person down; an encouraging word cheers a person up. The godly give good advice to their friends; the wicked lead them astray.” Proverbs 12:25-26 NLT

[lectio] // PROVERBS 12:25-28

listen to the text by reading out loud slowly and repeat up to 3x if desired

[meditatio]

reflect on – what word, words, phrase, or sentence speaks to you from the text, then write them down

I'm sure there are a ton of Proverbs references about a good word. Here it's an encouraging word that cheers a person up. Since worry weighs, encouragement lifts - it's like helium words. And I tried to be godly and be a good friend by giving Larry good advice, but it digressed into argument and wounding him. Now I see how difficult it is for family (his son) to help, there's too much history of hurt. I want to live a life of giving hope, giving good words, encouraging and being helium in the lives of those around me.

[oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,
I am really struggling with my shortcomings, and character flaws. I push and work to overcome and change how I engage, how I speak, how I manage conflict and how I absorb anger, hurt, distrust and suspicion - but I fail - OFTEN. I am learning to not be afraid to enter into hard conversations, even toxic messes that are not my own and NONE of my business, but once in there I fail miserably. Should I keep pushing into messy issues that do nothing but exasperate the situation and get 🤢 all over me as well? I need help to navigate, I need diplomacy badly. How do I learn this stuff?

[contemplatio]

rest in the presence of God, allowing the words revealed to take root