

“Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.” 1 Peter 3:8 NLT

lectio // 1 Peter 3:8-18a

I write about this in my “One Another” series (<http://www.hopebroker.com/19-sympathize-with-one-another/>). The greek word (εὐσπλαγχνος) is two words combined good and spleen (σπλήν splēn (the “spleen”). Be a good spleen! What does the spleen do? That’s what I asked! I googled it, “One of the spleen’s main jobs is to filter your blood. It affects the number of red blood cells that carry oxygen throughout your body, and the number of platelets, which are cells that help your blood to clot. It does this by breaking down and removing cells that are abnormal, old, or damaged.” I can imagine when we are being a good spleen for a brother or sister, we are assisting them in FILTERING out thoughts, ideas or hurtful comments. In other words, delicately helping them frame a different perspective, good words of grace, to move the bad or damaged emotions on through them and not letting those things stick around to cause problems later. I would think this has to be done in love, not platitudes or lectures. And, certainly not in cheap, shallow or oversimplified words. Even when “spleening” with the Bible verses, it should be with an abundance of grace.

oratio

Dad,

I am so thankful for your word from Peter this morning! I have been overwhelmed with others crushing pain and prayers over the weekend. I honestly felt a little traumatized because it is so difficult to imagine the level of fear and stress my friends are going through. I want to be helpful and be a good spleen for them. To do that I have to toss “their” weighty load on you, because you care for them. I release them to you.

contemplatio

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