



Time in the Chair

the week of **September 4 - 9**

DAY ONE: Words Read Colossians 3:15-17

Words are significant. Words can build us up and they can tear us down. They can encourage and shape us; they can crush and destroy us. The Apostle Paul told the early church the same thing when he wrote, *And whatever you do in word or in deed, do all in the name of the Lord Jesus, giving thanks to God the Father through him* (Colossians :17).

A significant part of doing everything in the name of Jesus is our speech. As a Jesus follower, with a goal of Christlikeness, our words matter. When people look at us, they should “see” Jesus. When they hear us, they should “hear” him.

Today, take some time and review two or three significant conversations you’ve had recently, especially the most difficult one of the day. Note the ways people “heard Jesus” and the ways they didn’t. Confess those conversations that didn’t reflect Jesus and pray for the conversations you’ll have tomorrow

DAY TWO: Read Proverbs 14:1-7

Read the passage and then choose one verse/thought related to your words and answer one of these three questions:

1. What does it say about God?
2. What does it say about you?
3. What does it say about others?

As you spend time in the Chair today, talk to God about what you read/learned and respond appropriately to it.

DAY THREE: Healing Read Proverbs 15:4

Words, especially those in heated or challenging conversations, have one of two results: helpful or painful. Eugene Peterson's paraphrase of the Bible, *The Message*, is right to the point, *Kind words heal and help; cutting words wound and maim* (Proverbs 15:4). The picture is medical in nature: kind words bring health and recovery while cutting words—like a knife—bring damage and pain.

Because we can speak words very quickly, sometimes without much thought, we're often not aware of the damage we inflict: a critical comment about a class mate, a witty remark to a friend, and voicing an uninformed conclusion. We even have a phrase for such remarks—using the picture of a knife—*we cut them down to size*.

As you invite God into your day, make a list on a sheet of paper of the five people with whom you have most of your conversations. Then make two columns, "Healing" and "Cutting," and place each person in one of the columns. Now take a few minutes to memorize Proverbs 15:4 and pray for the power of God's Spirit to change your "Cutting" conversations to "Healing."

DAY FOUR: Read Proverbs 15:1-7

Read the passage and then choose one verse/thought related to your words and answer one of these three questions:

- Is there a sin to avoid?
- Is there a promise to claim?
- Is there a command to obey?
- Is there an application to make?
- Is there something new about God?

As you meet with God today, talk to Him about what you read/learned and respond appropriately to it.