



From the Heart of the First Lady

She openeth her mouth with wisdom; and in her tongue is the law of kindness. Proverbs 31:26

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. Ephesians 4:29

According to Webster's dictionary, a "lady" is defined as "a woman of high social position" and also "a woman who is polite, well-mannered and refined." Although as born again Christians we do not define ourselves by worldly standards, we must acknowledge and accept that as godly women, we too are called to a "high social position." Scripture tells us that we are children of the King and a part of His royal family. Therefore, we should act accordingly by being "polite," "well-mannered," and "refined" ladies in Christ. If we would allow Christ to take over our thoughts, actions, speech, and behavior, our lives will reflect Christ and we will become the godly ladies we were called to be. My question to you...are you a Christian lady?

For the next few months, I will be talking to you concerning this question. I will cover how to, **Talk, Walk, Sit, Dress, Act, and Think Like A Lady.**

Talk Like A Lady

There is nothing more distasteful than foul and filthy language coming out of the mouth of a woman. Even less appealing is when such language comes out of the mouth of a Christian woman. It is not just foul language that can get us into trouble. Use of unkind words, harsh comments, nagging, gossiping, and constant complaining is also talk that should be eliminated. How often have you opened your mouth, said something regrettable, and had to apologize profusely? Even though anyone can make a mistake, we should always think about what we should say before we open our mouth to speak. If we are not speaking godly words that uplift and support one another, we too often find ourselves in big trouble which leads to misunderstandings and hurt feelings. When we are careless in our speech, we sometimes realize too late that we have said something very stupid or revealed way too much information. We can also engage in spewing thoughtless comments and intentional hurtful words that can be a poisonous to one's spirit. For instance, snide remarks about someone's appearance, a catty comment intended as a putdown, that shared secret you promised not to ever repeat...are all words that can kill Christian relationships.

If we are careful and think about what we say, our words can be enticing and bring life to others. With God's help, we learn to become more mature in our thoughts and speech. Careless talk and mindless thinking only causes problems. A guarded mind and prayerful remarks will bless others. Remember... your words can be the poison that kills or fruit that yields sweetness and satisfaction. The choice is yours!

Prayer

Dear Lord, fill my mind and heart with love and peace and purity so that what pours out of my mouth will reflect those thoughts. Set a guard on my lips. Let me

weigh my words with you before I speak. Give me words you have chosen for them to hear. Help me guard my tongue and always be slow to speak. Amen.

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