

MINDFUL MONDAY SEPTEMBER 2ND

*26 If any think they are religious and do not bridle their tongues but deceive their hearts, their religion is worthless.
27 Religion that is pure and undefiled before God the Father is this: to care for orphans and widows in their distress
and to keep oneself unstained by the world. James 1:26-27*

One of the hardest things to do for some of us is to control our words. When James is asking for us to bridle our tongues it is a request to watch our words, but also to use our words for good. Our words should speak hope, truth, and love.

In a world with political divides, injustices, and the ability to type our thoughts anonymously through our keyboards, it is up to us to be good and faithful Christians and choose our words wisely. The old saying goes “if you don’t have anything nice to say, don’t say it at all”, and this still holds true. We need to be using our voices for good, and we should be loud about it! Loud with our praises to You Lord. Loud with our prayers. Loud with our kindness. Loud with our service to others. Lord, let us show others we want to be Christians, in our hearts, in our thoughts, in our prayers, and in our actions. Be with us Lord and guide our paths to be more like this every day.

We pray to you today God and ask that you are with us as we ease into fall. Be with those transitioning back to school. Be with the farmers as the harvest season begins. Be with our prayer list and those in need of prayer.

Please pray for those on our weekly regional prayer list. Lift up these churches, pastors, and ministries.

First Christian Church, Center Point, IA, Kevin Jones

St. Charles Parish, St. Charles, IA, Darin Feikema

Cleveland Bryant, Carla Rinker

Christian Church in Alabama-Northwest Florida