



What's Your Mouth Full With Today?

June 2, 2017—Vol. 11, No. 22

It might be a donut given that it's National Donut Day. Did you know it's National Donut Day? Did you know there is such a day? I haven't got my donut yet today, but life is more than donuts. I digress...

I was struck with this thought earlier this week when I came across Psalm 71:8: **"My mouth is filled with your praise, declaring your splendor all day long."**

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The weekly eNews is provided by CGGC Executive Director Lance Finley



Is my mouth full of praise for God and do I declare His splendor all day long? Sadly, the answer is no. My mouth is full of other things. Many of them are not good for me or anyone else.

What's my mouth full of most of the time? Sometimes, it's donuts or some other favorite food. Sometimes it's criticism or negativity. Sometimes it's gossip. Sometimes it's harsh words for those close to me. Sometimes it's muttering curses at my critics or my enemies. Sometimes my mouth is full of words of complaint: complaints against my colleagues, complaints against my family, complaints against "those people" or even complaints against God.

How would my life change if my mouth were filled with praise for God? How would my life change if I spent my days finding ways to declare the splendor of the Lord?

I want to be the kind of disciple of Jesus whose mouth is full of praise for our great God! If my mouth is full of praise to God, there's not a lot of room left for some of the other things that typically fill my mouth.

This is, of course, an issue with my heart. Jesus tells us that what comes out of the mouth flows from our hearts.

I want a heart that is full of praise towards God that constantly overflows through my mouth. I want a heart that is full of an awareness and appreciation for the splendor of God in such a way that I can't hold it inside of myself.

I'm guessing that those around me would notice a difference if my mouth were to become full of praise directed toward the Father, Son and Holy Spirit. I'm guessing some of my relationships would improve. I'm guessing that I might be more effective at kingdom work if I spent my days finding ways to declare the splendor of the Lord.

Words matter. Words can build up or tear down. Words can support or destroy. Our words often reveal what's really in our hearts. I want a heart that's full of praise and I'm asking God to work in me to bring about the change I need to be that kind of Jesus follower. Far too often my words have done more harm than good. I want to have a mouth full of praise.

Praise God for His patience with me, for His kindness that leads to repentance.

Christ's Peace,

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