

September 20–September 26

WAIT

Read

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. *Ephesians 4:29–32*

Pray

Jesus, today as I wait on you, I ask that you would fill me with your spirit of kindness, compassion and forgiveness.

Pause

WATCH

Read again

Pray

Jesus, today I watch you and listen to you as you speak - you only speak words that are helpful, beneficial and that build others up. Jesus, as I watch and listen, would you give me your words today?

Pause

REPENTANCE and CELEBRATION

Read again

Pray

Spirit of God, I invite you to convict me of the words that have come out of my mouth that have been anything other than kind, compassionate and forgiving. Would you change my heart and change my ways?

Jesus, today I celebrate your forgiveness. Your transforming grace is beyond my comprehension. I am grateful and I will walk in the gift of your forgiveness again today.

Pause