



## Nurturing Faith... Every Day in Every Way

August 16, 2020

Isaiah 56:1, 6-8

Psalm 67

Romans 11:1-2a, 29-32

Matthew 15:[10-20] 21-28



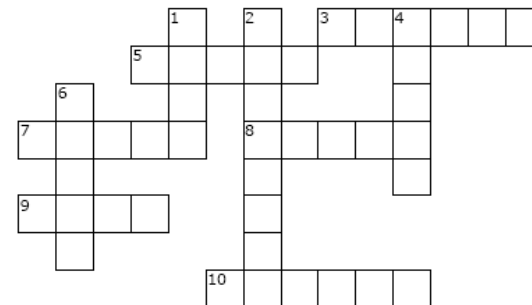
### 11th Sunday after Pentecost

Hello friends! Can you think of a time when you said something that you wish you could take back?? Or said something to someone without thinking that it may hurt their feelings? I sure can. It's better now that I'm an adult but I still have to work at it. I know when I was little, my parents would always tell me to "watch" my mouth. I thought that meant to stand in front of a mirror to see what my mouth looked like when I was talking. Nope. That's not it at all!

In our lesson from Matthew this week, Jesus says these words: "Listen and understand: it's not what goes into the mouth that shames a person, it's what comes out of the mouth that shames them." Jesus went on to tell the disciples that what comes from their mouth begins in their hearts. Now, we know that what goes INTO our mouth isn't bad (unless it was the Oreos we were told NOT to eat!), so we must be careful to choose our words wisely when we talk to others. We are to use our words to build up people and to speak love into their hearts....even when (especially when) we are mad at someone. When we gossip or speak unkindly to or about someone, it might be time to examine our hearts...to take a look inside ourselves and see why. Here's a quick test I use. I ask myself: "self, would you speak to Jesus that way?" Our words are like toothpaste. Once you squeeze toothpaste out of the tube, it's almost impossible to put it back in.

Loving God, help us to choose our words wisely. Amen.

## Crossword Puzzle



### ACROSS

3. To experience physical or mental pain
5. An adult female human being
7. The Son of God
8. An very large amount of something
9. Unable to be found
10. Small pieces of bread or cake

### DOWN

1. Animals with four legs, commonly kept as pets, and sometimes used to guard things
2. A female child in relation to her parents
4. To have trust or confidence in something or someone
6. An evil spirit

JESUS	DAUGHTER	SUFFER	CRUMBS	DEMON
WOMAN	GREAT	FAITH	DOGS	LOST

**Activity:** This week, use your words for good by writing a letter or making a card to let someone know how important they are to you.

**Discussion Question** Talk about a time when you wish you could have a do-over with your words. What would you change? Is it too late to apologize? (hint...nope, never!)

### Family Table Prayer for August:

The air we breathe is precious  
As are all people in Your sight  
Make us one with each other  
United in heart and mind. Amen.

**August Memory Verse:** How very good and pleasant it is when we live together in unity! Psalm 133:1



**"Lord, help me control my tongue.  
Help me to be careful what I say."**