
DAILY DEVOTIONAL

Love/Hate

WEEK 2

LET LOVE BE YOUR FILTER.

Set a guard over my
mouth, Lord; keep
watch over the door
of my lips.

PSALM 141:3, NIV

DAY 1

Here, the author of this psalm asks God to set a guard over their mouth. Sounds extreme, right? Maybe. But, how many times have you looked back with regret on the things you've said? How many times have you wished you'd used a better filter before you spoke? How many times have negative and hurtful things come out of your mouth and it was too late to take back? In some cases, a guard over our mouths doesn't sound all that bad!

The truth is, our words have power. And the sooner we recognize that, the sooner we'll pay closer attention to the words we say. If our words are thought out, guarded, and held up against God's standard of what our words should be, we'll choose and use them more carefully. **So ask yourself, with God's help, how can you be more careful with the things that you say?**

Now may the God of
peace make you **holy**
in every way, and
may your whole spirit
and soul and body **be**
kept blameless until
our Lord Jesus Christ
comes again.

1 THESSALONIANS 5:23, NLT

DAY 2

In this letter to the Thessalonians, Paul asked that God would make them holy. That word simply means to be set apart. In other words, as believers and followers of Jesus, there should be something about us that is different from how the rest of the world works. And not just at church. Paul is talking about our whole selves.

The person you are at all times—at practice, at work, at school, at home. Who you are in all spaces and places in your life should be so marked by God's work in you and God's love in you that people stop and notice and see you as set apart. So, the question is: Where do you need God's help with holiness? What space or place in your life needs you to be a little more set apart and consistent with what God says is true about you? Identify that area of who you are and **ask for God's help to work out His holiness in that place in your life this week.**

The words of the reckless pierce like swords, but the tongue of the wise brings healing.

PROVERBS 12:18, NIV

DAY 3

Have you ever found yourself in a situation where you saw the impact of a kind word? Maybe it was something encouraging or nice that you said to someone else that meant a lot to them. Or maybe it was something someone spoke to you that stuck with you. Either way, you know the power in positive words.

The writer of this proverb says words can literally be healing to other people. So why be reckless with our words? Why not pay more attention to the words that come out of our mouths? If what we say to or about others has the power to impact their lives for the better, wouldn't we want to offer that to them? Wouldn't we want the same offered to us? Think about the people in your life right now. Who do you think could use a healing word from you? **This week, make an effort to use your words wisely by speaking love and life to that person.**

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 JOHN 1:17, NIV

DAY 4

Have you ever found yourself in a situation or circumstance where you felt completely and totally alone? Like you've been left in the dark to fend for yourself? If you have, then you know just how much difference even a little light can make in those circumstances.

Jesus compared Himself to light. And in this letter, one of Jesus' disciples, John, reminds us that Jesus is light and encourages us to walk closely with Him. Meaning, the more time we spend with Jesus, living as He lived and following what He taught, the more we become like Him and walk in light ourselves. And that means we are never alone, and we have a God who will show us the way and illuminate the darkness around us. Are there places in your life that you feel alone? Spaces where you could use the light of His love? **Ask God to bring His light to those places and show you that, with Him, you are not alone.**

Set your minds on things above, not on earthly things.

COLOSSIANS 3:2, NIV

DAY 5

What's the first thing you do when you wake up in the morning? Whether you realize it or not, how you spend the first moments of your day impacts the way you live the rest of it. So, what if you started your day by following the wisdom of this passage? What if you made the decision to set your mind on the things of God each and every day, first thing? Maybe that means starting each day setting your intention on loving your family better, encouraging your friends, or building others up to recognize God's love for them. Maybe it means spending your morning in prayer or listening to a new worship song. Or maybe it means giving yourself the time to talk to someone you trust about what God is doing in your life right now.

Whatever it looks like for you, **make the commitment to set your mind on the things above every day this week**, and watch how it changes the way you live the rest of your day.