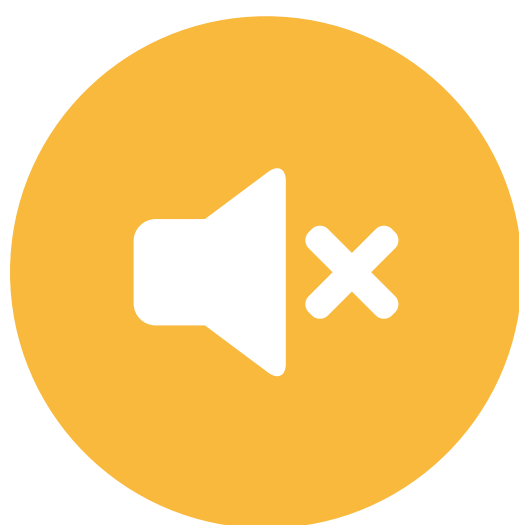


Your Simple Guide to Seasoned Speech

Colossians 4:6 "Let your speech be always seasoned with salt..."

*We can force ourselves to do some things. But, with God's strength, all things are possible
(Philippians 4:13)*

GOD IS ALWAYS UP TO SOMETHING!



START WITH SILENCE.

Day 1 - Try not to talk. I know...it's hard. Do it anyway. Consider this day as your reset button. Be an observer. Consider the circumstances around why this felt hard at the end of the day. Pray. Don't be hard on yourself if you "mess up" - no one is keeping score!

GATE OF NECESSITY

Day 2: Ask God to help you discern the difference between necessary and unnecessary with what you say. Try to only speak up when it is truly necessary.



GATE OF KINDNESS

Day 3: Continue speaking necessary things but today focus on kindness. Speak words of kindness to those around you, but also to yourself. Extend that same kindness to others. Go out of your way to do it.

GATE OF TRUTH

What is true? Keep noticing necessary and kind, and today, add truth. Speak God's truth to yourself and others. Look for lies. Today is spiritual warfare. Don't be surprised if Satan tries to mess with you. Consider what you say. Example: Moms often tell their kids "to hurry."
Do you truly need to hurry?



LEARN MORE IN OUR FACEBOOK GROUP: UPSTREAMERS

How did it go? Email me with any questions. A more complete version of this challenge is available by email so just ask me if you'd like the fully guided version!

Discover more at www.kneejerkmom.com

Lana Leigh Wilkens, author of Knee-Jerk Mom, challenges moms to avoid group-think and stop yelling, hurrying, and endlessly repeating themselves. Yes, it is possible.