

## Covenant Life

- Our next prayer meeting will be next Sunday, March 9<sup>th</sup> at 3pm. Children and Youth ministries plan to meet.
- Registration for CAMP JESUS (June 9-13) is OPEN. Register [here](#) or contact [camp-jesus@godsdelight.org](mailto:camp-jesus@godsdelight.org).
- The **NAN Conference** livestream is available here: [NAN 2025 Conference](#)
- [GodsDelight.org](#) has prayer meeting [audio](#), [summaries](#), [transcripts](#), and [teachings](#).
- Your ongoing financial support to the Community is sincerely appreciated. Please enter your 2025 Promise [here](#), donate online [here](#), or mail your donations to P.O. Box 225008 Dallas, TX 75222.

## Reflection

The readings today are full of rich messages but what impacted me the strongest was the exhortations regarding speech. It is the theme of the [First Reading](#) and the end of the [Gospel](#). If I am honest with myself, there are situations and certain people that seem to bring out the worst in me.

I was confronted with this reality this past week. I was with a daughter discussing a purchase with a vendor. The vendor stated something that came across to me as manipulative. Rather than value the person, rather than realize that they were just conveying information from their boss, I reacted in an unloving way. My daughter apologized on my behalf as we left.

As we debriefed the situation, I realized that there are in fact situations where I react rather than respond. I tell this story because I suspect that our speech as Christians is likely our single biggest witness. The world is known for murmuring, over-sharing, gossip, and other bad verbal habits. As Christians we see throughout the Bible repeated calls to be different...kind and loving to all. We are exhorted to be cautious in all speech, we cannot take back what we say and repairing resulting hurts is an almost impossible challenge. Our words can either bring life or cut down. It even goes beyond the words we say to how they are said. Our tone often betrays our inner feelings.

This coming Wednesday is Ash Wednesday. It is a time of preparation, but it is also a time of introspection and turning. It is a time to look inside at things we might be attached to and resolve to turn from them. It is also time to invest in the things above. My exhortation is that we all contemplate both. *God, what are*

*you asking me to turn from...and resolve to refrain. God, what are you asking me to invest in...and commit to invest time in it.*

For me I am asking God to allow me to see Him in everyone I encounter even if it is a stressful challenging situation. I pray not just for purification of my tongue but also my heart. I want to see the other person as Jesus sees him or her. I want to see them with His eyes so that I will always respond in love.

A new practice I recently took up was a daily reading of one New Testament scripture about the early Christian community and how they loved one another. Maybe the Lord might prompt you to do something similar or even to choose the theme based on what He specifically wants to perfect in you this lent. There are many tools to search the scriptures for passages on a particular topic (such as the tongue).

Let us pray, "Jesus, You were the perfect example of love. It was clear that your whole life was poured out in love. You responded totally to what You Father desired. Please give me Your Holy Spirit so that I too may respond to the Father's will and love everyone I encounter by what I say, do, and the way I say and do it. It is my intention to love as You loved, to witness Your Gospel by not only what I do each day but by the way that I interact everyone I meet. I love You Lord! Amen."

God Bless,

David