

# appnotes

## DAY **READ JAMES 1:19-21**

1

My momma always said, “God gave you two ears and one mouth for a reason.” So I tried to talk twice as fast to make up for it! Isn’t that how we work? We are so quick to speak because we want to make sure we are understood. As it turns out, the opposite approach is the most effective. As today’s passage so clearly states, we need to be slow to speak and quick to listen. Sometimes we are listening just enough for us to fire back. You know you have a short fuse when you speak too soon. An amazing thing happens when we listen, ask questions to learn how we have contributed to the conflict, and express heartfelt apologies for our part of the problem. Try it!

## DAY **READ EPHESIANS 4:25-31**

2

Why do we hurt the people we love the most? At times, we don’t even know why we are so upset. We know we feel wronged and then the wrong words come out. The Apostle Paul urges us to say what is both truthful and helpful. Not like volcanoes that spew out all sorts of rage-filled insults and nasty words; or, to hold it all in until we become as cold and hard as granite. We are to take time to choose our words instead of saying whatever comes to mind. The words that win are the ones tailored to help the other person grow, not to get even. Next time someone lights your fuse, try to build up, not blow up.

## DAY **READ LUKE 23:26-43**

3

Have you ever had enough - Enough comments from the peanut gallery, enough trash from the critics? You can get to a point where you are so fed up you might blow up. The day Jesus was crucified pushed Him to the limit. It was the ultimate betrayal. The people He had come to rescue wanted Him dead. As He hung between heaven and earth, they ignored Him and gambled for His clothes. The rulers sneered. The soldiers mocked. Even one of the criminals was a critic! But, instead of giving them a piece of His mind, Jesus gave them His heart. He prayed for them. When we pray for the trash-talkers, we become stronger. And just like it did on that day, love wins.

## DAY READ JOHN 1:1-14

4

What do you do when someone tells you something you don't want to hear? Jesus gave one of the most difficult messages for any one of us to swallow. He was always calling people to turn from their way of living and repent. But here's the crazy thing, the biggest sinners of Jesus' day flocked to Him. Why? The answer is in verse 14, where it says that Jesus was full of grace and truth. He was a perfect blend of honesty and acceptance. That's a compelling combination. I dare say that if there is anyone in your life worth listening to, it would be the person who knows everything about you and still chooses to love you! Are you more concerned with being right or making people feel loved? What about both?

## DAY READ 1 CORINTHIANS 13:1-13

5

Have you ever skipped rocks with a child? At some point, hunting for little stones turns into finding the biggest rock to make the biggest splash. Can I ask you a question? When the splash of your life has ended, what kind of ripples will your life leave? Sometimes we get so caught up in today's conflicts that we forget what counts. Today's reading shows us that the greatness of a life is measured in love, not stock options, accomplishments, or accolades. Even after we have finished fighting we can still nurture bitterness or feel a rift. What if you were patient instead of overpowering? What if you got more joy out of understanding than firing off a zinger? What if you fought for the relationship instead of fighting each other? The ripples of that kind of love would be worth leaving behind.

AppNotes are available on our Facebook page, Monday-Friday.

**[facebook.com/parkerhill.org](https://facebook.com/parkerhill.org)**