

"Psyche Me Up"

A Monthly Newsletter : Brought to you by: Simpson University Wellness Center

Dishing Dirt and Setting Fires

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So, this guy, James, wrote a letter to some friends of his trying to explain how they were mistaken in their thinking. They thought that because their faith alone saved them, they didn't really have to be mindful of their words and actions. Here is some of what he told them ...

**Need More Help?
Talk to someone!**

Talk to your roommate, a friend, your RA, CA, SRD, or stop by the Counseling Center!

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When we open our mouths ... we get it wrong nearly every time. If you could find someone whose speech was perfectly true, you'd have a **perfect person**, in perfect control of life.

How can a small bar of metal in the mouth of a horse **control the whole**, huge animal? Or a small rudder on a huge ship **set a course** in the face of the strongest winds? A word out of your mouth **may seem like no big deal**, but it can **accomplish a great many things!** Or **destroy** many things.

Even a massive forest fire is often set by **one small spark**. A **careless** or **wrongly placed** word out of your mouth can do that too. By our speech we really can **ruin** the world, turn **harmony to chaos**, throw **mud on a reputation**, send the whole world **up in smoke** and go up in smoke with it. **Smoke that wrecks** from the fires of hell.

This is scary: You can tame a tiger, but **you can't tame a tongue**—it's never been done. The tongue runs wild, a **malicious killer**. With our tongues **we bless** God our Father; with the same tongues **we curse** the very men and women **made in His image**. How can curses and blessings come out of the **same mouth!?**

Can we keep doing this without consequence? A spring doesn't gush **fresh water** one day and salty the next. Apple trees don't bear strawberries. Raspberry bushes don't bear apples. You can't dip your cup into a **polluted mud hole** and get clear, cool water.

So Live Well ...

Do you want to be considered **wise**, to build a **reputation for wisdom**? Here's what you do: **Live well, live wisely, live humbly**. It's the way you **walk**, not the talk you **talk**, that counts. **Mean-spirited ambition isn't wisdom**. It isn't wise to **boast** about your own wisdom. **Twisting the truth** to make yourselves sound wise isn't wisdom. It's the furthest thing from wisdom—it's **animal cunning, devilish conniving**. Whenever you're trying to **look better than others or get the better of others**, (through gossip, lying or flattering) things fall apart and everyone ends up at the others' throats.

Real wisdom, God's wisdom, begins with a holy life and is **characterized by getting along with others**. It is **gentle and reasonable**, overflowing with **mercy and blessings**, not hot then cold, **not two-faced**. **You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of loving each other, treating each other with dignity and honor. Be Peacemakers. Bear and share good fruit.**

(Adapted from James chapter 3 of The Message Bible).