

SPEAKING THE TRUTH IN LOVE

July 30, 2022

Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

1 Corinthians 13:1-13

Memory Verse

¹⁵ Love should always make us tell the truth. Then we will grow in every way and be more like Christ, the head

Ephesians 4:15



CASEY'S DAY

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Have you ever watched a pot of water boil on the stove? When the heat is turned up and the lid is on the pot, the water heats up and begins to boil. Sometimes it boils too long and the water bubbles over and makes a big mess. Or maybe you have blown up a balloon. You take a deep breath to fill your lungs with air and push it into the balloon. With each breath it grows bigger and bigger, sometimes so big that it pops!

Just like a pot boils over or a balloon fills with too much air, our feelings can build up inside of us so much that it feels like we are going to burst! Maybe we feel sad or afraid. Maybe even embarrassed. The great news is, that we never have to keep our feelings to ourselves.

In 1 Corinthians 13 we learned what it means to give and receive God's love and how we are to show love to one another. We also learned that love "rejoices in the truth".

Talking honestly about feelings with people that you love can relieve some of the pressure you're feeling. When you talk with your family and people you trust, they can hear you and remind you that you are loved. You can share with God what's on your heart too. Whatever your feelings are, even the big ones, they are important and they matter. You do not need to be afraid to share them, because when you speak the truth in love, love can handle all things!

Prayer

Lord, give me the courage to speak the truth in love knowing that through Your grace, love can take away all my fears. Amen.

written by Ginnette Yonkman

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