

The logo for "Pointes to Ponder" features a central silhouette of a head with a glowing brain. Three lines radiate from the head to three circular icons: a heart, a hand, and a person. The text "Pointes to Ponder" is written in a white, sans-serif font across the green background.

Pointes to Ponder

Cease striving and know that I am God; Psalm 46:10

Take a slow deep breath. No, really, take a slow deep breath! Right now! Come on, everyone, STOP READING AND TAKE A SLOW DEEP BREATH! Wonderful! That air you just took in is a gift from our Creator Who gives us life and breath! That air is His created gift to us so we are able to use it to talk.

While sheltering at home or going on a drive for essential purposes, how important is it to just talk? We know the Bible cautions us against the use of silly, frivolous, or coarse talk (Proverbs 14:23, Ephesians 5:3-4, 2 Timothy 2:16-17). But are there times we need to talk? Ecclesiastes 3:7 says there is a “time to be silent and a time to speak.” Let’s look at just a few reasons to T-A-L-K.

Time

Now maybe more than ever before, you and your family have some extra *time* together. Even if you are not physically together, you can connect electronically in many ways. Like apples of gold in settings of silver is a word spoken in right circumstances (Proverbs 25:11). Much is said of having “quality” time together and too often this is just an excuse to not spend needed time together. We are quick to dismiss the little time we spend together as, “Well, at least it was *quality* time.” But you cannot have *quality* without *time*. So, make *time* to just be still and talk.

Appreciation

There are many ways to show appreciation. Sending a gift, text, email, or card are good ways to show appreciation, and when we do that, we are letting the item, device, the message, or the printed page do the talking. But there is something a little more special about showing appreciation using our own voices and words. Ephesians 5:4 encourages us to use our talking for “giving of thanks.” So, speak your *appreciation* to others during a time of being still and just talking.

Love

Galatians 5:14-15 reminds us to love our neighbors as ourselves and to not “bite and devour” one another. Take care that our talk is not biting but rather loving. Speak the truth in love. Pleasant words are a honeycomb, sweet to the soul and healing to the bones. So, *love* one another by just sitting still and talking to them with pleasant words.

Kindness

In the Elders’ video posted on EastPointe Bible Church Facebook, I encouraged you all to make a couple phone calls of random kindness. Thanks to all of you who have done that! We need to use kind words as instructed in Colossians 4:6 Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person. So, be *kind* with your words as you are still and just talking.

Pastor Phil