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“I’m sorry”



Words can be powerful, they can build up those we love, or in a split second they can shatter years of love and trust. As we enter in to day 17 of the 30 day challenge we move on to “trust and forgiveness” and building on what we have already come to know as truth we must understand this next component is second only to the last. Forgiveness and trust are critical to successful marriages and where there is pent up anger and mistrust we provide the enemy with footholds in which to destroy our marriage and our home. We must understand as we enter in to this day that our words are powerful and we should powerfully consider them and say what we mean, mean what we say, and only say just as much as we need to! **He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction. (Proverbs Chapter 13 verse 3 KJV).**

Saying “I’m sorry” doesn't always heal the hurt or repair the damage caused by the words we use. This is perhaps one of the greatest areas of opportunity in our marriages is to carefully consider what we are saying before we say it, praying about it, trusting in the fruits of the Holy Spirit to guide us. Think about this day, have you said what you intended to say? One of my least favorite sayings is “its not what you said but how you said it”, I think its my least favorite because it has been told to me again and again in the past. Thankfully among the many wonderful changes the Lord Jesus Christ has made in my life He is helping me to slowly make progress in this area to. Do we think about the fruits that we most demonstrate as we begin to talk? **But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. (Galatians Chapter 5 verse 22-23 KJV)** – today as you enter in to day 17 watch everything you say, repeat it in your mind several times before you say it, think of the second greatest commandment: “love your neighbor as yourself” and ask yourself... what if someone said this to me? What if Christ was watching me? What if I had to answer to God for what I am going to say? Once you've accepted how powerful your words can be, knowing the pain and hurt they have caused you in the past, think before you speak, and speak in love and patience in all things!

Daily Devotional

by: Pastor Richard Webster (abcpastor@bellsouth.net)

Communication

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. (Ephesians 4:29)

Communication is a vital part of a marriage. Without communication, it is impossible to discover the needs, wants, and desires of your marriage partner. It is impossible to fix the problems or solve issues without communication. When I was in basic training, one of our training events was a night march through the woods. It was a march designed to simulate a military squad traveling through enemy territory. I was selected to be squad leader of our group. At one point during the night we were attacked by a sniper. As squad leader, I was to communicate to the rest of the squad how we were going to take out the sniper. The problem was that as soon as we were attacked, a drill sergeant stood over me yelling, "What you going to do squad leader?" He yelled repeatedly and very loud. It made communication very difficult. Because of my inability to communicate, they informed us that we were all dead. If a marriage is going to survive, communication has to be a vital part of the marriage. It may not be easy, and sometimes you might not feel like talking, but if you don't, your marriage will die. What can you do today to help the communication of your marriage survive?

Food for thought

by: Daniel Higginbotham (dhigginbotham@myemanuel.com)

Actions speak louder than words. My dad told me again and again growing up, “Daniel, your actions speak louder than your words” and looking back now I can truly understand what he meant. How often I wonder in your life have you simply paid someone lip service knowing full well in your heart you had no intention of meaning what you said? Have you ever said something just to give someone comfort? Have you ever said something just to end an argument? Have you ever found yourself regretting a promise you made or something that you didn't think your spouse or children would remember and now they do? As humans it is our nature to allow our mouth to out run our common sense and it is vital that we understand it really doesn't matter what we say... it really matters more what we do. Do you love your spouse? Do you just tell them or do you show them? **But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned. (Matthew Chapter 12 verse 36-37 KJV)** – our words are important... so important that Christ reminds us we will answer for every idle word...

I think that if we all realized truly how important our words are that we would be much more careful before we said anything. Today as you enter in to day 17 I pray you would examine your life and your relationships... do you have to many idle words? Do you have to many empty promises? Do you have to many failed changes you were going to make? Know that even the scripture says: **But I say unto you, Swear not at all; neither by heaven; for it is God's throne: Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil. (Matthew Chapter 5 verse 34-37 KJV)** – knowing the command of Christ let us be observant of every word, let us strive our best knowing the direction our Lord gives us to be careful in our speech and in our thoughts knowing the power of both.

Mean what you say, say what you mean. If you can't give the answer you know the person wants to hear do not tip-toe around the truth, instead out of love and our commitment to Christ let us be clear. In our marriage it is vital that we be open, honest, and frank with those we care deeply for. I have seen marriage after marriage that has come tumbling down because someone has been to scared, ashamed, or mistrusting to communicate with their spouse. Why? Do we not take vows “in better and worse, in richer and poorer, in sickness and in health, til death do us part?” Should we not trust our spouse and know that we must be open with them always? To be honest with them, to love them, to tell them even the hard truths in our marriages is to show them through our actions that we love them! As you enter in to this day 17 of the 30 day challenge I pray you would begin to examine your words versus your actions. The begging of forgiveness and trust is honesty. You must first be honest about the past, open about the present, and prayerful about the future for true healing and forgiveness to begin. As we move through this next 7 days I pray you would carefully chose your words, carefully chose your battles, and demonstrate the fruits of the spirit in all things! Amen.

Meet the family

We will soon be hearing from the second family in the “meet the family” section and I pray that you would ponder in your heart God's vision for your own family. Think to yourself today, what has God done in my life? What has He done in the lives of my family? Praise Him and thank Him for every blessing and every second that He has always been by your side! Amen.

Prayer Suggestions

Today before you pray I would like you to understand the beautiful promise the Lord gives us about our prayer: **Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. (Matthew Chapter 7 verse 7-8 KJV)** – today God is giving you the opportunity to demonstrate His power and grace... while you take it? Bow your head, humble yourself before Him, open your heart and your mouth in prayer!

Today pray for:

- **God to continue a wonderful healing in your marriage, that God would give you the strength to forgive any pain or suffering**
- **God to give you the wisdom and understanding of how critical your words can be, even more so than your actions**
- **God would pour out His mercy and love upon your family and show you how to love like Jesus**
- **God would show you how to honor Him in all you say and do**
- **God would give you the fruits of the Spirit and make His power present in your life**

About

The My Emanuel 30 day challenge came about through the inspiration of the Holy Spirit and we pray that God would be glorified and praised as a direct result of this program. It is the deepest desire of all those involved with this program that the healing grace of Jesus Christ would be abundantly felt throughout the families with a member participating in the challenge. The program is a direct result of the power of the Lord and a demonstration of His wisdom and foresight in bringing both the paths of Pastor Richard Webster, myself, and all those who have helped with the program together in a way to use us and our individual talents to profess the wonderful Good News of His salvation and wonderful grace, mercy, and abundant love.

Throughout our lives we have seen and directly felt the chaos and tragedy caused in the destruction of divorce. In interacting with brothers and sisters from all walks of life we have seen again and again the damage caused by the wedge the enemy drives in between a man and wife. It has been our greatest displeasure to see the tragedy, pain, suffering, and grief caused by the life altering decision in which so many couples make out of anger only to realize later that not only was it not what they wanted but so far from what they needed they couldn't even remember what they were separating for. It is our desire for all couples to understand the truth, God desires marriage to be a life long commitment and made us for this exact purpose: **Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (Genesis Chapter 2 verse 24 KJV)** – to become one flesh as we will examine later on through the program is a physical alteration that to reverse would be a mutilation and a physical destruction of ones own flesh and is the furthest thing from God's desire for any family. It is our dearest hope that God will reveal His glory and that Jesus Christ will pour out His grace upon all those who participate in this program regardless of the purpose. The truth is that Jesus Christ is not “a hope” He is the ONLY HOPE and the only way for families to make it through the stress and destruction of today's society is through keeping Him always at the center.

Pastor Richard Webster is the Pastor of Adairsville Baptist Church in Adairsville, Georgia. Brother Richard has been a powerful influence in my own walk with the Lord and I pray that as God has used this brother for His glory and has shared much wisdom to me through him that you would pay special attention to the message God has blessed this brother to share. Pastor Webster is both a husband, a father, a brother, a son, a friend, and a pastor who is determined to serve the Lord and bring glory and honor to our Savior. I pray that you would understand that this brother has seen first hand the destruction of divorce, the pain and suffering that comes at the hands of the evil of the enemy as satan tries to relentlessly destroy families. Know that the daily devotionals are the ultimate inspiration of Jesus Christ and may the Lord be seen through every word.

It feels strange even now trying to write about myself, my name is Daniel Higginbotham and simply put I am a servant of the Lord Jesus Christ. It is my desire and hope that the Lord God Jehovah would make His presence known and that you would feel the Holy Spirit interacting and interceding in your life. I thank God for this opportunity and I will pray for you and your family over this next 30 days that God would reveal the beautiful truth to you as He has me: **If the Son therefore shall make you free, ye shall be free indeed. (John Chapter 8 verse 36 KJV).**