## Dear friends,

We are so happy to get in touch with you by this newsletter and we as a church is sure that this meditation would help us to grow in the Lord and keep us spiritually fit and fine all through this month. In this world, as we live, many times we find ourselves in a critical situation and we find it difficult to take anybody's words literally, the reason for this situation is the usage of our tongue. Hypocrisy is dominating the world. Though we are called to live a holy life even the Churches and Christians are not exempted from this attitude. Though we long to have good time, we are not able to enjoy peace in our life and not able to worship the Lord with Joy and happiness in our heart. The main reason for this kind of situation is hypocrisy. Friend deceives friend, and no one speaks the truth. Scripture is clear on this – "Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from deceitful speech. 1st Peter 3:10.

If we really want to enjoy the life which is given by God, we should be able to take control of our tongue. In Proverbs 18:21 we read – Death and life are in the power of the tongue, and those who love it will eat its fruits. Our tongue, plots destruction, like a sharp razor, and acts as the workers of deceit. Furthermore, we are all swollen with pride. We have an unhealthy desire to argue and quarrel about words, and this brings on jealousy, disputes, insults and evil suspicions. (1st Timothy 6:4)

Remember, a gentle tongue is a tree of life (Prov 15:4). Whenever we find ourselves stuck in a particular situation where shouting or insults, harsh words or threats are at the tip of our tongue, let us ask the Lord's help, recite several times, 'Jesus, Master help me' and trust me, God will make a way. For the scripture says – 'Even before a word is on my tongue, behold, O LORD, you know it altogether.' (Psalm 139:4). Let us check and examine our words, actions and deeds and repent before we get caught or judged. Get rid of all bitterness, anger, passion and hateful feelings. No more shouting or insults. Let us try not to use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. (Ephesians 4:29)

God has blessed us with this new month, June, if we all feel that this month should be a blessed month we all must have the same attitude and the same feelings that is loving one another, and being kind and humble with one another. Do not pay back evil with evil or cursing with cursing; instead, pay back with a blessing, because a blessing is what God promised to give us when He called us. Let us ask the Lord to take over this area of our life and pray like the Psalmist did and have a blessed month ahead, "Set me free, O LORD, from lying lips & dishonest tongue (Psalm 120:2).

Yours in His service, Bethesda Ministerial Team.