In the bubble. write words chae would help to build when you speak

Daily Bread: "Do not let any unuholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Ephesians 4:29

Devotion: Have you ever heard this poem? "Sticks and stones may break my bones, but words may never harm me." Is this really true? Can you think of a time when someone said something that hurt your feelings? God wants us to use our words to build others up, not tear them down. Pray for God to help you to use your tongue for good and not for evil.

WORDS

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encouraging

My Journal

Children of Egypt onions. Most people Egyptian children will be exposed to

or saw, or ate today. Write down someone you would like to pray for

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kind

Forgiving

beneficial

compassi

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