

Worn Out Woman: Small Steps for Spiritual Health Slow to Speak

Psalm 138:2 KJV

I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name.

God's word was exalted above God's own precious name. It is as good as His name. He signed His name, He endorsed His Word. Therefore, you can bank on His Word. He is reliable and trustworthy. He makes His Word good by following through. He is the covenant maker and the covenant keeper. He is faithful to His Word.

Ephesians 5:1-2 KJV

**1 Be ye therefore followers of God, as dear children;
2 And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.**

When God says something, it is as good as accomplished. Is our word that reliable? If we are in the habit of taking on more than we can handle, it will wear us out. But biting off more than we can thoroughly chew does not only wear us out. It can wear out those others to whom we gave our word. If we keep breaking our word because we cannot do what we said we would do, then we become the person that others cannot depend on. Let's not say anything at all if we do not fully intend to keep our word. Yes, occasionally, emergencies come up and unforeseen things do alter our plans and prevent us from doing what we said we would do. As a new habit, let's be slow to speak, even in small things.

Small steps are necessary to make lasting strides toward change. Our small step, spiritual health challenge this week is to:

Say it and do it or do not say anything at all.

It is OK to say no. Especially if you know you are already overextended. Know your limits. Consider your priorities and your current responsibilities. Weigh carefully whether or not you can commit to another project, another favor, another job. Do not say you will unless you fully intend to die trying to carry it out.