

## *Painting Your Own Portrait*

It has been estimated that, on average, some 13 years of a person's life will be spent in talking.

In a normal day, some 18,000 words are spoken – roughly the equivalent of a book of 54 pages.

In a year, our words would fill 66 books, each containing 800 pages.

But the crucial concern is not how much we say, but that what we are saying is worth saying.

Do our words ...

- Inform or misrepresent?
- Tear down or build up?
- Heal wounds or cut them deeper?
- Promote harmony or sow discord?
- Create comfort or cause grief?
- Ease a burden or add to anguish?
- Offer sunshine or bring gloom?
- Extend hope or inject despair?
- Radiate joy or proffer misery?
- Sparkle with love or resound with hate?
- Bounce with optimism or fall with the thud of pessimism?
- Ring with a challenge or echo discouragement?
- Manifest good humor or unveil crankiness?
- Reflect neighborliness or depict self-centeredness?
- Seek divine guidance or espouse total independence?



What we say paints a self-portrait of the inner man or woman.

Hold up the picture and study it.

Are you happy with it?

*Keep a close watch on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers (1 Timothy 4:16 ESV).*

– Beecher Hunter