

Check Those Unkind Words and Thoughts

by Mary Wilder Tileston

We are called to love one another, and breaking the habit of unkind thoughts and words is essential to living out this command.

Scripture: Psalm 34:5, Psalm 119:133, Proverbs 10:12, Matthew 5:44, John 15:17, 1 Peter 4:8

Topics: "Loving Others", "Spiritual Growth"

Description

Mary Wilder Tileston emphasizes the importance of loving one another as commanded by Jesus in John 15:17, highlighting the need for more grace, sweetness, and sunshine from God's loving heart to overcome lingering habits in the soul. She encourages overcoming disturbances caused by disagreeable individuals by forcing oneself to love them, seeing them as opportunities to become more like the kind and loving Lord. Tileston also addresses the impact of uncharitable thoughts and words, suggesting the practice of replacing negative thoughts with prayers for others to foster love and compassion.

Transcript

These things I command you, that ye love one another.

JOHN 15:17

YET habits linger in the soul;

More grace, O Lord! more grace!

More sweetness from Thy loving heart,

More sunshine from Thy face!

FREDERICK W. FABER

IF thy disturbance of mind proceeds from a person who is so disagreeable to thee, that every little action of his annoys or irritates thee, the remedy is to force thyself to love him, and to hold him dear; not only because he is a creature formed by the same sovereign hand as thou art, but also because he offers thee an opportunity (if thou wilt accept it) of becoming like unto thy Lord, who is kind and loving unto all men.

LORENZO SCUPOLI

The habit of letting every foolish or uncharitable thought, as it arises, find words, has a great deal to do with much evil in the world. Check the habit of uttering the words, and gradually you will find that you check the habit of thought too. A resolution always to turn to some distinctly good thought when a complaining or unkind one arises in the mind, is a great help--as it is to turn every thought condemnatory of our neighbor into a prayer for him. We never can long continue to dislike people for whom we pray.

H. L. SIDNEY LEAR

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