

Dear NU Family,

This past week, I had the privilege of reconnecting with a friend who I worked with nearly 20 years ago. I enjoyed the time we spent catching up with each other, but my heart became heavy as I listened to the course his life has taken through these past years. He is currently in the best place he's been in in his life, working for a lead pastor who is life-giving and supportive, but that certainly was not the case in his early years. He told me his heart-wrenching story about his life as a young pastor, working for a boss who was verbally abusive, controlling, and egocentric. For many years, the words this leader spoke over him led him down a path that nearly destroyed his life, his marriage, and his potential kingdom impact.

Similarly to my friend, you have likely been affected by someone's unkind and unwise words spoken over you. [Proverbs 10:11-20](#) tells us that our words have the power to bless or destroy. Our words can damage a relationship or bring healing when spoken lovingly (vs. 12). A wise person understands the power of their words and holds their tongue (v. 19). If you have been hurt by someone else's words, it is difficult not to let those words take root in your mind, but I encourage you to believe something better about yourself, and to seek the life-giving words God speaks over you in the Scriptures and by the Spirit.

Also, we often hurt others out of our pain. When an offense occurs, we want to return the offense either by wishing evil upon the person who offended or by responding to them with similar words. Reacting to pain by creating more pain sets into motion a downward spiral. It is said that holding a grudge is like letting someone live rent free in your head. The only way to counteract painful comments is with a heart of love and words that are life-giving. Speak well of people, even when they are not nearby, and watch how love will bring restoration and healing to strained relationships.

COMING UP THIS WEEK

Mon, April 24 | 24-Hour Prayer | Butterfield Chapel, all day until 8pm

Mon, April 24 | Chapel: Miriam Tsegay | Butterfield Chapel Balcony, 10 & 11:20am

Wed, April 26 | Senior Speakers: Valerie Hellen (SON) and Nicole Parker (CAS) | Butterfield Chapel, 10 & 11:20am

Fri, April 28 | Baccalaureate Chapel | Butterfield Chapel, 10:40am ***Please note that this is a one-chapel schedule**

In Christ, who unceasingly speaks life and love over us,

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