



Announcing Jesus Christ on my Journey!

*When you
love, you
should not
say,
« God is in
my heart »,
but rather,
« I am in the
heart of
God ».*

Kahlil Gibran

**A prayer for
today :**

Lord, help me
to always
have a good
word to
communicate.
Amen.

Be the mouth that speaks for Jesus!

Christ has no other mouth but yours. At times a thought comes to mind: "What will I say?" We may be paralyzed by stress... we carry so many questions and doubts...

Jesus is the Word of God. This Word is not, first of all, facts to be communicated. It is rather a creative word, a word which makes things happen. God said: "Let there be light !" And there was light. Jesus, the Word of God, offers words that heal, that welcome, words that make people stand up and at times, ask questions.

Do our words bring life to others, value persons, edify and nourish them? Or are they words that accuse or put down others? The question is: do we propose a Word of God which builds up, which creates, or that of Satan which destroys persons, ruins their reputation, a word which leads away from God ?

Mean or evil words are like feathers in a pillow which you disperse in the wind. It is not possible afterwards to retrieve them all. Such are harsh words causing pain and hurt to others.

Jesus' mouth expressed words that nourished and respected people, particularly those treated as less than nothing, the marginalized, the despised and downtrodden. They are God's friends.

+ Claude Champagne, O.M.I.
Bishop of Edmundston

Food for thought!

« Worry makes a heart heavy, a kindly word makes it glad ».
(Proverbs 12.25)

An experience!

- ☺ If you find it difficult to love someone, write a quality that person has and place this on your refrigerator or where you'll easily see it. When you open the refrigerator, or see the note, ask Jesus to bless this person.