

REFRAIN

Do we speak to gripe and spread *gossip* or seek to spread the *Gospel*?
Is what comes out of our mouths *holy*? Or is it *hostile*?

In summer, we tend to complain of the heat; come winter, complain of the cold.
We whine sometimes about being “too young” and then about being “too old.”
We waste our words about hair that's too curly or maybe that it's too straight.
We tend to “love” what *others* are given, while what *we're* given we “hate.”

On *dry* days, do we complain of no rain; on *wet* ones “fret” that it's raining?
Heaven must certainly wish that we would stop all our complaining.
Do we *share* 'the juicy latest' or *listen* to others who *do*?
Is what we're saying and hearing unkind, uncouth, untrue?

Do we grumble or grow in the midst of woe? Are we hateful or grateful?
Are first reactions *wrath* and *complaint* or *restraint* and being thankful?
Did we ever call someone a name or tell someone else that he's worthless?
Much that is said is terribly hurtful or just plain no one's business.

Ephesians 4 verse 29:

“Let no corrupt word proceed out of your mouth.”

Is each word pointing *heavenward* or pointing to the *south*?

Why is it true that really *bad* news travels incredibly fast?

If we could spread “The *Good News*” as quickly, we'd be in Heaven at last.

When we're tempted to gossip or complain ... let's refrain. {See *James 3:2-10*}