



“My heart is overflowing with a good matter; I speak of the things which I have made touching the King. My tongue is the pen of a ready writer. You are fairer than the children of men; grace is poured into Your lips; therefore God has blessed You forever.”
Psalm 45:1 – 2

Of what are you eager to communicate with others? What is the overflow of your life? What is the content of the bulk of your conversation with others? Selah....

The other day, at tea, as I was sitting alone, two older men opposite me were enjoying one another’s company, taking about the issues and topics of life. Soon another older man came and sat down with them. Immediately this newcomer began to speak of things that polluted the conversation, not to mention the fellowship. The two original men politely tried to ignore his words, but from one topic to another his heart issued things that were foul!

Your heart will overflow with what you have been feeding it. To have an overflow of good matter, fill it with good stuff. Have you been feeding on the grace and kindness of the Lord, or have you been feeding at the trough with the pigs?

Are you ready to share your faith or are you quick to tell others off color stories? Are you ready to offer thanks and encouragement or are you quick to complain?

With what is your heart overflowing? “For out of the abundance of the heart the mouth speaks.” (Matthew 12:34).

When you leave a gathering of friends or co-workers, have they been enriched by your company or has your presence been deleterious to their lives?

“Lord, change me.”

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