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I like to talk. One of the things that I enjoy most about podcasts on long winter days is feeling like I have a friend here to chat with. I try to hold myself to fairly stringent standards when it comes to my speech. I want the words of my mouth to be acceptable to my Savior (Psalm 19:14). I've learned that I do a better job of this when I speak to others than when I talk to myself.

We can't say that it doesn't count if we only say it to ourselves- that's what we are speaking in our hearts and the Bible says what we say in our hearts is who we are (Proverbs 23:7). The Bible also says that the man who pleases God is the one that "speaketh truth in his heart" (Psalm 15:2).

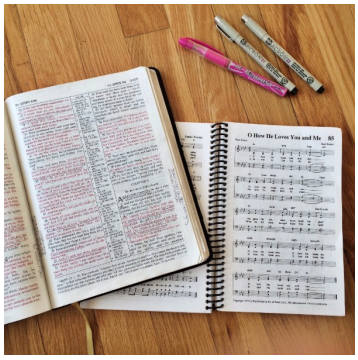
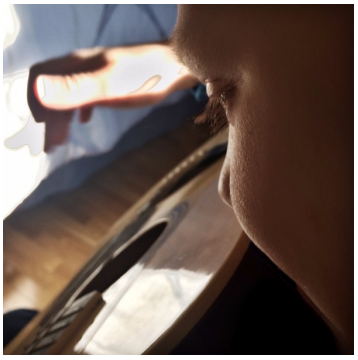
So what do you say to yourself?

I know I frequently give in to condemning myself: speaking words of doubt and discouragement to myself that I would never lay on a friend. I think thoughts that do not line up with the truths of Scripture and who God says I am in Christ.

This hinders me as a woman, wife, mom, and creative.

When even the words we say to ourselves are lies we freeze. We quit trying to grow and develop, because what's the point? Obviously our lives will never matter.

That is simply not true. And I have one simple method for combating this in my heart.

When I realize I am not speaking the truth to myself I ask, "What would I tell my best friend?" And you know what? I would never tell her those things that I'm telling myself. I am much harder on me than I would be on the woman beside me. I am the critic of myself that no one else could possibly be. I judge myself not on how I act (which I can control) but on how I feel (which I often can't control).

That is an unfair standard and that simple question, "What would I tell my best friend?" reminds me of that.

Write down some of the things you tell yourself this week. When you get discouraged or feel frustrated with the kids, or want to quit what God gave you to do, write that down. Then write down the truth. You might have a lot to learn but God gave you those children. He assigned you those tasks. He said He will give you wisdom if you ask. Then keep that list of truths and speak them to yourself when you are confronted with that lie.

You will always have to fight to replace lies with truth. Obviously I mean with real truth, the Bible, and not the positive, self-help mantras of popular culture. Repeating "I am a beautiful, talented woman" in the mirror five times daily will not make you believe you are a beautiful, talented woman. (And while I believe that God made you both beautiful and talented I don't think that matches what we expect it to.) We must replace our lies with truth, not more lies.

Hit reply and tell me if you have this same problem. Do you say things to yourself that you wouldn't say to your best friend?

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