

Be Gentle in Speech

Description

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Proverbs 15:1-9

The human body is an amazing creation. Our bodies respond to the environment around us in ways that we are not even aware of, but are essential to our survival. One of those responses is to danger. Whenever we are confronted with danger, our body begins releasing adrenaline that prepares us to either confront the danger or run away from it. We do not consciously tell our bodies to do this, it is an automatic response based on our senses.

This automatic response, however, can also cause challenges. For example, when it turns a civil conversation into an intense argument. The moment our body senses something confrontational in a conversation, it begins to react as if we are in danger. Adrenaline is released, which makes our posture more defensive. A harsh word will be perceived as a threat by the other leading to a more confrontational posture, stirring up anger. But a gentle answer and calm demeanor will avoid triggering certain responses, thus turning away wrath.

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