

Upright Woman



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What My Words Say About Me

by Tonne Williamson



Tonne was born to Herschel and Jeanene Bonnett and raised in Central TX. Tonne was baptized in Dripping Springs at the age of 10 and married Royce Williamson in June 1974. Royce and Tonne have 2 children and 8 grandchildren. Tonne has taught children's & ladies classes since she was 16 and spoken on several ladies' days and lectures. Royce and Tonne have worked in Sealing, OK, Giddings, Abilene, and Taylor, TX. Royce retired in July of 2018 and moved to San Angelo where they worship with the congregation at 9th & Main. Tonne works for ASU & enjoys spending time with family and friends, reading, making jewelry, and being able to travel, and see God's beautiful creations.

What do people see and hear in my conversation? Can they hear I love God or is there no difference between my conversation and that of the worldly? Matthew 15:16-20 tells us it's not what goes into the mouth that defiles us but what comes out that defiles us. Grumbling, gossiping, and "evil speaking" (1 Peter 2:1), are courses of conversation condemning the speaker. Those using speech such as this cannot be counted as faithful children of God and have allowed their hearts to be filled with the world. On the contrary, words of grace, wisdom, love, and encouragement are exemplified in Christ's life and thus the pattern we should strive to possess as Christians. We must study and practice to achieve the command of Philippians 2:5, "Let this mind be in you which was also in Christ Jesus." Our words are windows to the gallery of our soul. Our heart is revealed through our words, Proverbs 27:19. The pictures painted by our speech reflects our faithfulness and love for God.

Our text in Matthew 15 explains the origin of speech and what sets the course for conversation. It tells us what we put in our mind becomes the source of our speech. We decide what feeds the source! Our words can justify us or condemn us as seen in Matthew 12:37 and Titus 2:7-8. As diligent women we must strive to fill our hearts with wisdom from above being "first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy" (James 3:17), instead of trash from today's evil society.

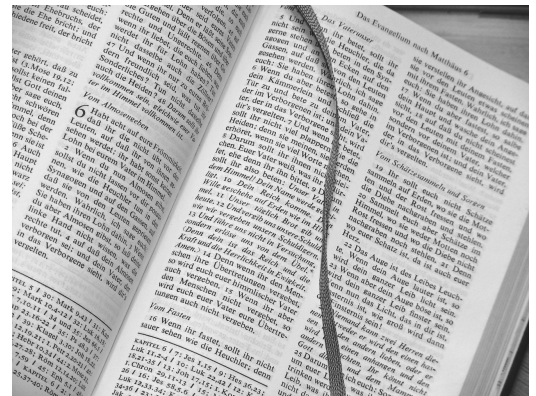
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We must work to gain control of our smallest member that can kindle a great fire and if left unchecked, can defile the whole body (James 3:6). Matthew 15:16-17 says there is a lack of understanding if we think physical things we take in rather than worldly thoughts and words proceeding from our mouth defile us. Speaking in a manner unbecoming to a Christian indicates our lack of knowledge and understanding of God's word or the lack of our maturity in the word, and our love for our Father. Are we the example we want to be and should be as Christians? Remember, we cannot serve two masters. Our words allow others to see and hear our heart and show the world we have chosen to be children of God or chosen the world; chosen to be daughters of Satan. Our speech should be full of grace, wisdom; love and understanding; exhorting, correcting, teaching, and encouraging in the way of Christ. The Word is our source for purity and we should be diligent to study, pray, meditate on it, and fill our hearts with pure things in order to have clean windows to a pure heart (1 John 3:3).

Consequences of My Words

by Shelby Doss

Words have the power to pull someone out of the depths of heartache and disappear, they have the power to motivate, inspire, and alter lives for the better. Equally, our words have the strength to demolish friendships (Prov.11:9), build walls, and devastate entire lives. Now more than ever we must be diligent to guard our tongues-and our fingers. We live in a time where we can quickly jot down whatever we are feeling in a fit of aggravation or maybe even righteous anger, hit send, and its out there for the world to see. Even if we chose later to press that delete button, our words have still been spoken, still been seen, and still will have consequences. Prov. 15:4-yes, the words we speak are more than just fleeting sounds hitting the wind.



A word you say, a sentence you type, a quick text sent, they could either lead a soul to Christ or potentially help pave a path to hell. Our words unfailingly show the heart within (Matt.15:18). Even in the moments we think that no one is truly listening or it's not a 'big deal'-maybe especially in those moments, our words have consequences. Maybe the time we are short with a store clerk and then later we find ourselves knocking on their door inviting them to a gospel meeting-chances are if my words weren't seasoned with salt during our first encounter, it will be hard for me to reach them now. Sharing a meme can be harmless and fun, but what happens when I share something that is in bad taste and uses language that mocks and hurts others? The next time I share God's Truths, they will likely be scrolled past with an eye roll. My words (or the ones I've hit the share button on) have now hurt my influence, maybe forever with that person.

When thinking about the mighty strength within a single word, of course my mind shifts all the way back to the very beginning of time. That word-you know the one, 'not', "you will NOT surely die" (Gen.3:4). That word literally changed the entire world's course forever and the consequences are still being felt by every soul.

One of the greatest examples of utilizing words for good is our brother Barnabas-'son of encouragement' (Acts 4:36). Soon after Saul had become Paul he went to join himself with his other brethren. When he arrived he was met with a less than warm welcome. They were skeptical, scared, and likely angry. This man had been killing their spiritual family and for some of them, maybe even their physical relatives. Barnabas saw this unfolding and was quick to stand up and speak on behalf of this changed man (Acts 9:26). I wonder what the account would have read if Barnabas had kept quiet, not encouraging his new brother. I wonder if Paul would be the same man we read about in the Scripture today.

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Ultimately, our words will do one of 2 things-they will help us and others get to Heaven or they will hinder us and others from getting there. Oh the power we hold-choose wisely.

**"Whatever you do in word or deed,
do all in the name of the Lord"**

Words Matter

by Brittany English

Some say women speak twice as many words in a day as men do. If that is true, then we must be twice as careful about our speech! Our speech should be seasoned with salt and bring glory to God (Col. 4:6). How can we be more careful with our words?

We must first put a stop to negativity and idleness, and then cultivate kindness and encouragement in our hearts (2 Pet. 1:5-8). The old adage "if you cannot say anything nice, do not say anything at all" comes to mind, but how often do we stop and think about this before speaking? We should ask ourselves: Are the words that I want to speak aimed to encourage or discourage? Will they draw the listeners to God or away from Him?

Secondly, if our speech involves taking the Lord's name in vain, it ought not to be so! The Lord is far too magnificent and holy for His name to be spoken of with carelessness or taken in vain (Isa. 40:28, Rom. 1:25, Levi. 19:12, Ex. 4:10)! We must be careful not to use euphemisms – whether for His holy name or for foul language (Col. 3:8). This also includes any idle words or filthy jokes (Eph. 4:29 & 5:4, 1 Thess. 5:22).

Lastly, gossip and tale-bearing should be left out of our daily dialogues (1 Tim. 5:13; Jam. 4:11; Prov. 11:13, 16:28, 18:8, 20:19, 26:20, 22; Lev. 19:16). If we have enough time to talk about everyone else's business, we are not busy enough about our own or about God's business! We must care for our neighbors and brethren by speaking well of them, loving them, helping them, and not lying to them (Rom. 12:10, 2 Pet. 1:5-8, John 13:34-35, 15:12, 17). Lying must be put away from us if we are to be women of the God's Word and of our own word (Prov. 6:16-18, 12:19, 26:28; Eph. 4:25; Col. 3:9; Jam. 4:11). Remember, let your "speech always be with grace, seasoned with salt."

Measuring Our Words

by Val Lloyd

"Whatever you do in word or deed, do everything in the name of the Lord Jesus..." Colossians 3:17. Following Christ means watching both what you say and what you do. Proverbs 6:12 teaches us that our walk is determined by our talk. In Proverbs 31, we learn that a woman of noble character speaks with wisdom: "My mouth is filled with your praise and with your splendor all day long" Psalms 71:8.

As an Upright Woman, my words should be measured by the character and mind of Christ. To "measure" is to evaluate information by comparison with a standard. It's reading the word of God and comparing our words to it. Guard your steps when you go to the house of God. Go near to listen... Do not be quick with your mouth, do not be hasty in your heart to utter anything before God... so let your words be few (Ecclesiastes 5:1-2).

Do not let your mouth lead you into sin. Aspire to live quietly, and to mind your own affairs, and to work with your own hands, as we instructed you (1 Thessalonians 4:11).

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Upcoming Events

•October 13, 2018

Killeen church of Christ
Ladies' Day

•October 26-27, 2018

Westhill church of Christ
Ladies' Retreat

•November 3, 2018

Hymns in the Hill Country
Camp Ben McCulloch

•November 10, 2018

Highway 95 church of Christ
Ladies' Day

“Know this, my beloved brothers; let every person be quick to hear, slow to speak, slow to anger” (James 1:19). Humbly receive the word, listen and do what it says. Pray for discernment, “...rightly dividing the word of truth” (2 Timothy 2:15).

Our manner of life should be lived in such a way that a Christian wife could influence her unbelieving husband “without a word” and her godly behavior could so soften his heart that in the process of time, he would be inclined to hear and believe (1 Peter 3:1). Our words and daily behavior even influence our children and serve as an example of what it really means to be a Christian (Psalms 78:5-8, Deuteronomy 6:7). Even our thoughts are to be under the influence of Christ (Ecclesiastes 10:20; 2 Corinthians 10:5).

“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer” (Psalms 19:14).

About Upright Woman

The Upright Woman publication is intended to educate, promote, and encourage the women of the church to strive for righteousness in every aspect of life. It is the mission of this publication to provide women an opportunity to study the word and share articles about various issues and topics to encourage us to be upright women in an upside down world.

**“FOR THE LORD IS RIGHTEOUS; HE
LOVES RIGHTEOUS DEEDS; THE
UPRIGHT SHALL BEHOLD HIS FACE.”
PSALM 11:7**



We pray that with every issue and with every article all glory is given to God.