



Juni / June 2016

engl.

Clothe yourself with gentleness

(Colossians 3:12)

Be mild – not wild!

„Freunde des Wortes“

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Dear friends of the word,

we speak of ‘mild climates’ and ‘mild winters’; there are ‘mild coffee blends’ and mitigating circumstances in the courtroom. The judge who views the accused in a favourable manner might hand down a mild sentence. The word mild, arguably rarely used, describes a human attitude in which behaviour and actions are guided by kindness, gentleness and tolerance. **Gentleness is a state of the heart which makes living space possible.**

How important is this attitude at a time where fanatics are grabbing the headlines all over the world and strike fear and terror into society and humanity. How can we ourselves become people who don't react angrily and harshly but are willing to give ‘mitigating circumstances’!

In an email of a young woman I read:” If the ‘moaning I’ which I often find in me would be another person, I probably would have ended the friendship!” To become ‘mild’ we first have to find an inner balance. **Only if we say Yes to ourselves can the power arise which enables us to deal with others in a mild manner.** But how can we achieve this inner equilibrium, how can we find a balance which prevents us from falling –like an acrobat- from the heights of our life into the abyss of unhappiness.

We need **daily time-outs**, in which we allow ourselves to be watched and examined by Jesus. He loves me and wants me to come alive. He looks upon the positive things in me to make me strong and happy. Let's do as he does. Take 5-10 minutes every morning or evening to look upon everything that has worked out. Look upon your talents and your accomplishments! Be thankful! And – if you like- dare to jump for joy! With regards to negative things, be gentle with yourself. Don't dwell on it and immediately think of something to do which makes you happy and let's your inner joy grow. Jesus wants you to be happy. His gentle gaze is the ‘spring of gentleness’!

Dear friends of the word, if we manage to give our soul space to grow and to be happy, then we will be able to give the same amount of space to other people and treat them with gentleness and kindness. Our motto for the month of June is: **Be mild – not wild!**