



## Scriptures for Life

### *Things We Need- Titus 2:6-8*

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Titus 2:6 Similarly, encourage the young men to be self-controlled. 7 In everything set them an example by doing what is good. In your teaching show integrity, seriousness 8 and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

I don't know about you but these verses are huge to me. Self control is a topic that truly covers multiple aspects of life. In fact, I see how it can cover just about every aspect of life. Then verse seven and eight talks about integrity, seriousness and soundness of speech. Oh my goodness. Do you have those three things in your life? Integrity, seriousness and soundness of speech.

Let's not forget that speech includes the written speech as well. Yet, we need Integrity, seriousness and soundness of speech maintained in self control. And remember, that includes our written speech. So the next time you write an e-mail or Face Book response, keep self control, integrity, seriousness and soundness of speech close by.

Let this be a focus in your time of meditation throughout the day. Until next time, shalom!