

Readings for September 29, 2024

James 2:12-13 (adapted)

Speak and act as those who will be judged by a law that gives freedom. For judgment is merciless for the one who has shown no mercy. But mercy triumphs over judgment.

Another Sacred Text

from *Sacred Self-Care*, pg. 69

...The power of our words is not just generative. Words have destructive and oppressive capacities as well. We use words to wage wars, to break spirits, and to establish unjust laws that enslave and oppress. Some of the harshest words are not those that we speak aloud or put in writing for other people to hear or read. They are our self-talk, the words that exist mainly in our head, the inner dialogue that we have with ourselves about ourselves.