

Day 11- Theme: Gossip

Opening Prayer: *-Lord **JESUS**, I open my heart to You. Your words give life to the soul. You are the living water, the bread of life! Come Lord God and give me strength and Wisdom to live life to the fullest. More of You and less of me. Amen!*

-Say 1 Our Father

Scripture: **"Listening to gossip is like eating cheap candy; do you really want junk like that in your belly?" Proverbs 18:8**

Reflection: Have you ever spoke bad things about a friend, sister, brother or someone else? After you said it, you think...oops! why did I say that. Our tongues can be deadly. We need to tame our tongues just like a wild horse needs to be tamed. We must speak only the good about others and not the bad! Remember the Golden Rule "Treat others as you would like them to treat you!" (Matthew 7:12)

Saint of the day: **-St. Therese of Lisieux...**

you always spoke kind words about everyone. You looked for the good in others rather than their faults. Help me to do the same. Pray that I may have the grace to bite my tongue when I am tempted to speak negative words about someone.

Challenge of the day: ***Speak only positive words today!***

Closing Prayer: *Jesus, I need You! Grace me with the strength to speak words that build people up.*

Say 3 Hail Mary's.

Amen!

