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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Me and My Big Mouth!

By Michele A. Webb

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During World War II the government realized that the majority of citizen-soldiers had no idea on how to conduct themselves to prevent inadvertent disclosure of important information to the enemy. Central to maintaining national security was the Office of War Information Drive to limit talk about the war in both public and private arenas of American life. Silence meant security.

As such, great emphasis was placed on educating servicemen and civilians about the need for secrecy concerning military matters and massive advertising campaigns were launched. In fact, the advertising campaign was so large that no other series of World War II posters portrayed such a recurring theme as this. It is from this era that the statement "Loose Lips Sink Ships" was born.

What are the effects of gossip? Think. Where does the enemy (Satan) get his information - information that can put you, your family, friends or coworkers, adrift on an open sea: information that can damage relationships and cause you to lose even more, unless you personally, vigilantly, perform your duty by not gossiping?

Are we not in our own, local version, of "wartime" each and every day? Is not our Enemy, Satan who watches our every move and listens to our words in order to gather information that can be used against us, or used to influence our words or behavior that will pull us away from God's love and mercy? Although our daily lives may not contain all the horror or evil associated with wartime, the battle against good and evil, and how each of us chooses to act, and react, to this on a daily basis is similar.

Most of the time, our talk is a positive attribute. It helps us make friends quickly and helps other feel included in a group. But sometimes, we get so caught up in talking and "doing what comes naturally" that we forget to think before we open our mouths.

"The kindest word in all the is the unkind word, unsaid." -- Unknown

The Ten Commandments give us some basic rules on how to behave towards others. And the next to the last commandment, nine, is particularly important.

Me and My Big Mouth!

"You shall not bear false witness against your neighbor." Deuteronomy 5:20

This commandment tells us not to tell lies about others which include anything that's even slightly untrue - including half truths, exaggerations, stories that might be true, but you don't know for sure, or stories that are partially true. If you believe in the ninth commandment then you will find yourself refusing to pass on "juicy" information about anyone. Instead, you'll spread kind, encouraging and complimentary words.

"The tongue of the wise commends knowledge, but the mouth of the fool gushes folly." Proverbs 15:2

It is no surprise that God, who knows us, created us and loves us, takes such a clear and strong stand

on gossip. He knows how easily trash talk (or gossip) can ruin another person's reputation, introduce mistrust or anger into relationships, encourage gossipers to further embellish stories for more dramatic effect, and/or cause the gossip to even sin further by being tempted to lie when confronted by someone with "Did you really say that about me?"

So, how do you know when you're hearing or spreading gossip vs. good news or truths? There are two questions you can ask yourself:

1. Is the news I have to share "approved" for sharing with others?
2. Would I want this news shared about me?

One thing you can be sure of, if you gossip, it WILL come back to you and will eventually haunt and hurt you as well. Let's not forget the Golden Rule that says: "Do unto others what you would have them do to you." Matthew 7:12

If you have ever found, or find yourself, gossiping, then you're not alone. Don't despair, tear yourself down, or get discouraged. All you need to do is ask for God's help with prayer and Bible study, and introduce some strategies in your life to help you stop gossiping.

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones." Proverbs 16:24

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Little Big Bird

By Jean Woods

A few years ago while sitting on a bench outside my workplace I noticed two birds running around

Me and My Big Mouth!

making all kinds of noise. One was much larger than the other was so I assumed that she was the mother trying to feed her young. I couldn't believe that the small bird, a lovely little sparrow, was jumping up and down trying to put food in the mouth of this ungrateful screeching little big bird who did nothing but keep his mouth open and run around as if he wasn't getting enough to eat. The mother was exhausted from all this jumping about. I thought I'd give the mother a break and throw some breadcrumbs out there for them to share. Do you think the 'Baby' bird would feed itself – NO! It still waited for Mom to jump up and put the morsels in its mouth. If this were the real mother of this monster bird, then I would hate to see the father! I've heard of birds laying their eggs in 'foreign' nests but the least they could do is pick a surrogate mother their own size!

Since then I've been reading up on 'brood parasites' – that's what they call these deadbeat mothers who leave it up to other birds to raise their babies. The one most popular in the Americas seems to be the Brown-headed Cowbird which is a pretty big bird in comparison to the sparrow. To help out the sparrow I decided to go into real estate – wild bird real estate that is: bird houses and feeders, plus baths and fountains. This way the sparrow can move in a small holed birdhouse and not worry about a bigger bird coming in and laying its eggs for her to raise. She can bring up her own little sparrows the way nature intended.

After working for over 20 years in an office, (the place I witnessed the above) I decided to work at home and sell something I really like. To me there is nothing like the sound of birds chirping in the morning. So after lots of pondering I chose to help them out and provide them with their own home at



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