**THOUGHT FOR THE DAY**

**WEEK BEGINNING 2nd JULY 2018**

**WELLBEING TASK OF THE WEEK: DO SOME FORM OF OUTDOOR EXERCISE FOR 15 MINUTES EACH DAY**

**PRAYER TO BE SAID EACH DAY:Lord, help me to think before I speak. When I speak, let me also remember to listen with my heart.**

1. ***The arrow that has left the bow never returns.***

***PERSIAN PROVERB.***

The Quakers have a useful little trio of questions which we might well get into the habit of thinking about before uttering any doubtful words:

* Is it true?
* Is it kind?
* Is it necessary?

Gossiping is not real communication. True communication happens when people speak to each other from their hearts.

How many times have we betrayed a confidence in order to gain attention; or put someone down in order to build ourselves up; or helped to spread a rumour?

Once spoken, words cannot be retrieved.

1. ***If we were supposed to talk more than we listen, we would have two mouths and one ear.***

***MARK TWAIN***

Communication is the lifeblood of a relationship. But the obstacles to real communication are many. Much more can be achieved if, in the first place, we talk less and listen more.

Do you think you would benefit by listening more?

1. ***Communication leads to community-that is, to understanding, intimacy, and mutual valuing.***

***ROLLO MAY***

Have you ever thought: ‘If I tell my friends certain things about myself or say honestly how I feel about something, I’ll be rejected or put down’. This can be a real fear for a lot of people but by lowering our barriers and letting others know us better and sharing our feelings, we can be liked more and our friendships can become stronger and deeper.

Should we be totally open with others all the time? When is it appropriate to keep certain feelings to ourselves?