

## Am Hasefer – People of the Book

*And they devoted themselves to the apostles' teaching, to fellowship, to the breaking of bread, and to prayers. – Acts 2:42 HCSB*

My grandmother is a great, godly lady. For as long as I can remember, she has read the Bible once a year, the New Testament twice a year and the book of Proverbs once a month. Year after year, decade after decade, she has followed this disciplined practice. As a result of constantly bathing her mind in the Word, her daily conversation is filled with Scripture. She doesn't make a show of it – she has simply so filled her spirit with Bible that when she opens her mouth, the Bible pops out.

Grandmother is one of the [Am Hasefer](#) – the People of the Book. I hope to be like her someday. I follow in her footsteps and also daily read the Word, hoping that at some point in my life, my mind will be so completely washed in the Word that only God's words will come out when I speak.

It's very hard. James warns, *“Not many should become teachers, my brothers, knowing that we will receive a stricter judgment; for we all stumble in many ways. If anyone does not stumble in what he says, he is a mature man who is also able to control his whole body.”*<sup>1</sup>

Solomon agrees with James saying, *“When there are many words, sin is unavoidable, but the one who controls his lips is wise.”*<sup>2</sup>

But apparently it is possible because Job, with all his sufferings and miserable friends, managed to control his tongue.<sup>3</sup> And Jesus specifically promised that the Holy Spirit would help us speak well when we are persecuted.<sup>4</sup> That was not just a promise about some indefinable future because Stephen, the first martyr, was able to see its fulfillment in his life.<sup>5</sup> And Paul says that all the apostles were also able to claim this promise in their lives.<sup>6</sup>

You may, like me, struggle with your tongue. You may be short-tempered and speak harsh words you later regret. Or, you may be too quick to make coarse jokes even though we are warned against doing so by Paul who said, *“But immorality or any impurity or greed must not even be named among you, as is proper among saints; and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks.”*<sup>7</sup>

The only thing that I have found that helps is to continuously wash my mind with the Scriptures.<sup>8</sup> We need to have it on our minds when we get up, when we lay down and when we're going about our daily business.<sup>9</sup> Our only hope is to become Am Hasefer.

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<sup>1</sup> James 3:1-2 HCSB

<sup>2</sup> Proverbs 10:19

<sup>3</sup> Job 2:10

<sup>4</sup> Luke 21:15

<sup>5</sup> Acts 6:10

<sup>6</sup> 1 Corinthians 2:12-13

<sup>7</sup> Ephesians 5:3-4

<sup>8</sup> Ephesians 5:25

<sup>9</sup> Deuteronomy 6:4-9; Joshua 1:8-9