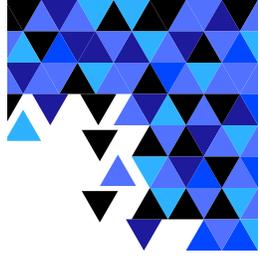


# As Told by Kole



#PodcastNotes for Episode 57

Be Gentle

I have a serious message for you today. I'm gonna make this a short podcast, but it's gonna be an impactful one. I've got two words for you: Be gentle.

You NEVER know what someone else may be going through. Be gentle with people. I'm not telling you to let people talk to you any kind of way or treat you any kind of way, but what I AM telling you is to be gentle. You can be firm and still be gentle. You can say what you mean and mean what you say without being abrasive. People are going through so much. That doesn't excuse their behavior, but it also doesn't mean that you can't offer grace.

Today when you go out in public, try to see people through God's eyes. Someone you meet today may have been recently diagnosed with cancer. They may not have food to eat. They may have lost a loved one. They may not know how they are going to pay their bills. They may have just had their car repossessed or their house foreclosed on. They may be a victim of human trafficking. They may be in an abusive relationship. They may have just heard the worst news of their life. You don't know. Just as others don't know what's going on behind your smile, you don't know what's going on behind theirs. So... Be gentle. Please. Sometimes your smile will be the very thing that keeps someone from going over the edge. Sometimes your one act of grace will be the thing that keeps someone from attempting suicide. Be gentle. Really treat people the way you wish to be treated. Really. We all need love.

Have an amazing day today. Show love to yourself AND others. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole ♥