

**Clichéd Religion**  
**Laurissa Wolfram**  
**Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond**  
**this comes from the evil one**  
**Matthew 5:37**

People use clichés on a daily basis in normal conversation. You probably use some of them so much you don't even notice (hence, their being "clichés")! Think back on how many times you've heard or said the following recently:

1. What on earth?
2. It's like I'm talking to a brick wall
3. At the crack of dawn
4. The best thing since sliced bread
5. Bite the dust
6. Dead as a doornail
7. Dirt cheap
8. Down to earth
9. Free as a bird
10. What's done is done

At times we become so used to saying things – like clichés – automatically, without even thinking about them. For instance, how many times has someone asked you "how are you doing?" and you automatically answered, "good." Never mind the fact that your dog just died, you bombed a math test, a huge zit magically appeared on your forehead overnight, and you feel like you're pretty much having the worst day of your life. "Good" just popped right out of your mouth without a second thought.

Recall the times you've sat listening to the problems of a friend or acquaintance, and at the end of the conversation, you hear yourself say, "Well, I'll be praying for you." Now, think *really* hard. How many times did you *actually* pray for that person and their need? I'm sure we're all guilty of saying things like that. It's not that we don't care about that person and what they are going through, but for most of us, church and ministry has been such a large part of our lives that the familiarity causes much of what we say and do to become an automatic response.

This week, I challenge you to evaluate the things you say. Do you really mean them? I'm not saying you should *stop* telling others that you'll pray for them . . . just *do it* when you say you will! Don't allow your religion to become clichéd. Live it, and mean it