



## Don't Talk Too Much

As far as you can, avoid being caught up in the triviality of others and the vain pursuits of this world, for it will distract you and drain your energy for your spiritual journey. It is much better to remain silent than to participate in the fruitless conversation of this world.

I wonder why we are so eager to gossip with each other and pry into their business, when we seldom return to the quiet of our own hearts without a damaged conscience? Maybe the reason we seek idle chit-chat is that we seek comfort from others and hope to lighten our distracted hearts. Problem is, we chatter most about our own selfish pursuits, what we desire to have, and what we most dislike—none of which is especially edifying in the Lord.

Seeking all of this outside comfort and diversion is a complete detriment to the inner comfort that comes from living in the presence of the Spirit. Let us not waste our time in being caught up in worldliness. If we need to speak, let us do so in a way that will truly encourage others through Christ for their spiritual benefit.

Bad habits, lack of discipline, and neglect of our devotional lives contribute to this idle chatter, to the continuing detriment of our spiritual progress. However, devout, pure, and holy conversation on spiritual matters greatly helps our progress in the Lord. This is particularly so where people of like mind and Spirit are bound to each other in God's love.

(Adapted from *The Imitation of Christ*, Book 1:10)

For further reflection:

“Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one.” Matthew 5:37

“But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned.” Matthew 12:36-37

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs....” Ephesians 4:29

“Let your conversation be always full of grace, seasoned with salt....” Colossians 4:6

“Avoid godless chatter, because those who indulge in it will become more and more ungodly.” 2 Timothy 2:16

“If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.” James 1:26

“You must understand this my beloved: let everyone be quick to listen, slow to speak....” James 1:19

My beloveds, may we all just be quiet and walk with God. And when we do need to say something, may we prayerfully say what will be beneficial to the souls of those to whom we speak. Be blessed, restful, and silent before the Lord!

*Scott*