

## Avoiding Idle Talk

### Commentary from Imitations of Christ

SHUN the gossip of men as much as possible, for discussion of worldly affairs, even though sincere, is a great distraction inasmuch as we are quickly ensnared and captivated by vanity.

Many a time I wish that I had held my peace and had not associated with men. Why, indeed, do we converse and gossip among ourselves when we so seldom part without a troubled conscience? We do so because we seek comfort from one another's conversation and wish to ease the mind wearied by diverse thoughts. Hence, we talk and think quite fondly of things we like very much or of things we dislike intensely. But, sad to say, we often talk vainly and to no purpose; for this external pleasure effectively bars inward and divine consolation.

Therefore we must watch and pray lest time pass idly.

When the right and opportune moment comes for speaking, say something that will edify.

Bad habits and indifference to spiritual progress do much to remove the guard from the tongue. Devout conversation on spiritual matters, on the contrary, is a great aid to spiritual progress, especially when persons of the same mind and spirit associate together in God—(Author Unknown).

### Thoughts from Word for the Day

How often do we run to the wrong source for comfort! The comfort we receive from others is only agreement whether we are right or wrong. There is a good deal of danger in letting our tongue loose. When we appease our anger by venting to others we run the risk of judgment. As the Scriptures say, "He who guards his mouth preserves his life, [But] he who opens wide his lips shall have destruction" (Proverbs 13:3 NKJV).

Take your frustrations to the Lord in prayer. He has promised to give you His peace. As it is written, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Philippians 4:6-7 NKJV).

### Prayer

Father, we are too willing to speak evil of others for our own comfort, satisfaction, revenge. Remind us today to bring our frustrations to you and you alone. We may speak openly to you for you know our every thought, and are not without compassion. Give us your peace as we come thankfully to the throne of grace, amen.