



St Francis of Assisi Parish



REFLECTION

BIBLICAL ART OF SPEAKING

The Holy Bible says a lot about human speech and always directs how good and useful it should be. Let us meditate for a-minute-a-week about it in the Lenten weeks.

Speech is a great gift given by God to all humans.

Speech is Considered Powerful

Proverb 18:21: The tongue has power over life and death and those who love to speak will eat its fruit.

Proverb 18:20: A man's stomach is filled with the fruit of the mouth(speech) and is satisfied with what the lips provide.

Proverb 5:13: Your words can bring you honour or dishonour and a man's tongue(speech) can bring about his downfall.

So, let us be careful in our speech and use the tongue in the proper way.

Speech Reveals You

Normally, our speech betrays who we are. Hence, we have to speak from the goodness of our hearts.

Mathew 26:73: Describes how Peter was recognised by other by his speech: "of course you are one of the Galileans: your speech (accent) gives you away."

Sirach 27:7: Praise no one before he has spoken since this is where people are tested.

Luke 6:45: Speech come from the heart."A good man draws good things from the store of goodness in his heart and an evil man draws evil things from the evil in his heart. The mouth speaks of what his heart is full of.

Do Not Speak a Lot

Too much of talk is always dangerous.

Ecclesiastes 6:11: "The more the words, the more the futile it is. What good can we derive from it." Too many words are in vain.

Ecclesiastes 10:14: "A fool multiplies his words." It is only a waste.

Sirach 13:11: "Do not try to talk as an equal or trust his many words. With all this verbiage he is only trying to test you and under pretence of kindness he is weighing you up" Hence, better talk less and act more and that is the Christian way.

Sirach 14:1: “Happy the one who has not sinned in speech”

Speak Less

Small is better than big, it is said. The Bible encourages to talk less and act more.

Sirach 32:7: “If you are young speak if you have to but not more than twice only if required.”

Sirach 32:8: “Keep to the point and say it all in a few words.”

Mathew 5:37: “Say yes when you mean yes and no when you mean no: anything else comes from the devil.”

An English proverb says: “Speak if you can improve upon Silence.”

God bless

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