

On The Road To Emmaus

Our daily walk is filled with noise. Not only do the ordinary daily conversations of life fill our hearts, minds and ears but the media does as well. There are all kinds of talk shows revolving around sports, politics and yes even Christian talk shows to where everyone is invited to share their opinion. Wait it does not end there. We also have Twitter, Facebook, Instagram, blogs and many other ways through social media to fill the airwaves with our thoughts and disputations as if they were somehow inspired, brilliant and authoritative for life. This is the way and lifestyle of the world.

Christ calls His followers to something else. Something that is far more difficult and rewarding. In 1 Thessalonians 4.11 it says, "*Study to be quiet.*" (KJV). The ESV puts it this way "*aspire to live quietly.*"

So what does this mean to "*study to be quiet*"? It means that our speech is controlled and restrained in spite of what is going on around us. It means while *speech* is good—that *silence* is often better. This is a hard lesson to learn but it is worth the cost. You see through a controlled tongue we will find strength and peace for our hearts. James puts it this way, James 1.19 "*let every person be quick to hear, slow to speak.*" Proverbs 10.19 tells us "*whoever restrains his lips is prudent.*"

Have you ever made your speech a matter of prayer? The psalmist David prayed, "*Set a guard over my mouth, O LORD; keep watch over the door of my lips.*" Psalm 141:3. Perhaps we would do well to make our speech apart of our regular daily prayer life.

A Fellow Disciple