

February 28th – Listen More, Talk Less

*“In the multitude of words sin is not lacking, but he who restrains his lips is wise.” (Prov. 10:19)*

There’s nothing more frustrating than feeling like you aren’t being heard. You’re trying to make a good point, but it just doesn’t seem like anyone is listening. It’s important to us that we be heard, and rightfully so. But sometimes we fail to remember that communication is a two-way street. Do we want to hear the voice of others just as much as we want our voice to be heard? If we’re honest, we have to admit that sometimes we talk too much while not listening enough.

A wise person once said, “God gave you two ears to hear and one mouth to speak.” The idea is that God designed us to listen just as much, if not more, than we speak. In today’s verse, Solomon reminds us that talking too much is a sure path to sin. “In the multitude of words sin is not lacking.” We’ve all been guilty of thinking before speaking, and the sad thing is we can’t pull our words back into our mouths once they’ve hit the air. When it’s out there, it’s gone for good.

How many times have we hurt ourselves and others with the things we’ve said? Reflecting on the mischief our words have created, we understand why Solomon said, “he who restrains his lips is wise.” Think about it like this – if we don’t really need to talk, then maybe we shouldn’t. The Bible says that “a gentle and quiet spirit” (1 Pet. 3:4) is very precious in the sight of God. So then, let’s limit the words we say, and when we do speak let’s make sure it’s for “necessary edification” (Eph. 4:29).