



~TAMING the TONGUE~

Once upon a time an old man spread rumours that his neighbour was a thief. As a result, the young man was arrested. Days later the young man was proved innocent. After having been released he sued the old man for wrongly accusing him.

In court the old man told the Judge: 'They were just comments, didn't harm anyone.'

The judge, before passing sentence on the case, told the old man:

'Write all the things you said about him on a piece of paper. Cut them up and on the way home throw the pieces of paper out. Tomorrow, come back to hear the sentence.'

The next day, the judge told the old man: 'Before receiving the sentence, you will have to go out and gather all the pieces of paper that you threw out yesterday.'

The old man said: 'I can't do that! The wind spread them and I won't know where to find them.'

The judge then replied: 'In the same way, simple comments may destroy the honour of a man to such an extent that one is not able to fix it. If you can't speak well of someone, rather don't say anything.'

If there was ever a member of the body that needed to go to obedience school, it is the tongue. It doesn't need exercise, it needs control—it needs to be tamed. The tongue out of control might say anything.

If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great things.

The tongue can be an instrument of great peace, great inspiration or great destruction and devastation, on the world stage or in your life. That's why you must learn to master your tongue. How many times have you said things and regretted it? How many times have you gossiped and wished you could take the words back? So many people I know, have so many regrets about what they have said. Gossip is

usually thinly veiled with acceptable phrases like, "Have you heard about...?" or "Did you know that?" or "Keep this to yourself, but I heard...?" or "I don't believe it's true, but I heard that . . ." or even, "I wouldn't tell you, except that I know it will go no further." But...

Gossip is so destructive, and you can't take all those words back, and you cannot undo the damage.

Learning to master our tongue is an important step in our *maturity and control of our body*.

If you speak negative all the time, if you lash out at others, if you gossip or start fires, your tongue becomes a weapon of mass destruction. (George W Bush Turkey) If you speak words of life, if you master your tongue, it becomes an instrument of peace.

Let's all be masters of our mouths, so that we won't be slaves of our words.

