



# *Moments of* *Inspiration*

## FOOLS ARE QUICK TO QUARREL by Sonia Edwards

**It is to one's honour to avoid strife, but every fool is quick to quarrel. Proverbs 20:3 (NIV)**

**H**ave you ever been drawn into a quarrel and before you know it, you were so entrenched in a heated exchange, where sound judgement was lost? You were unintentionally sucked into an interaction where the focus was to defend yourself and ensure that you were the one to come out on top. Most times coming out on top requires you to discredit the person with whom you are engaging.

Proverbs 20:3 tells us it is honourable, noteworthy, and commendable when we take the high road and avoid a fight. Fighting and quarreling are for fools. The Christian Standard Bible puts it this way, "Honour belongs to the person who ends a dispute, but any fool can get himself into a quarrel."

We know it is easy to get into a quarrel but how do we avoid being drawn in? Here are three tips to help us do this:

**Learn to be quiet:** Being quiet is not synonymous with being weak. Being quiet means reflecting and taking time to assess a situation. Think about the fall out, emotions, the

message, what was intended and what would occur because of your reaction.

**Choose your battles carefully** – Avoiding petty squabbles demonstrates wisdom and we don't have to respond to every offence. New Testament teaching echoes this principle. Jesus entreats his followers to ignore insults and other minor infractions; aka turning the other cheek (Luke 6:29).

**Heap coals of fire.** Avoid a quarrel by blessing others. When someone hurls insults at you, respond in a tone that is opposite. Bless them instead.

**Don't be a fool.**

### Reflection

1. Can you think of a time when someone got under your skin and dragged you into an insult hurling competition?
2. How will you prepare yourself now to avoid engaging in a similar exchange in the future?