

# Moments of Inspiration

**DO YOU TALK TOO MUCH?** by Sonia Edwards

*A gossip betrays confidence; so, avoid anyone who talks too much. Proverbs 20:19 (NIV)*

**D**o you talk too much? The voice of wisdom tells us that what we say matters. If you want something held in confidence that you are trying to get clarity on, a gossip may not be the best place to offload. We must watch the way we get pulled into certain conversations. Similarly, we must be careful about the way we react to pieces of information that we become aware of. A gossip often shares information under the false pretense of being concerned. Gossip destroys relationships. If you have ever had the experience of finding out about gossip about you; you know how it erodes trust that you previously shared with the one who was gossiping about you. We are counseled in many places in the Bible to avoid this kind of behaviour. We don't want to be on the giving or the receiving end of gossip. Although what the Proverb is saying was written thousands of years ago, it is very relevant right now. The admonition about gossip does not only relate to betraying the confidence of those who are close to us. It also relates to how we share unfounded information about those who are not close to us. But that juicy piece of

defaming information is often so tempting to pass on as we fill in blanks that we don't really know. We must watch the way that we fall into habits of reacting to information that comes our way that may include gossip. Let us heed the counsel of wisdom and decide to stop dispensing gossip or feeding on gossip, so that the practice just starts to disappear from our story.

Prayer:

Dear God as the scripture leads us to ponder this important counsel of wisdom today, please help us to watch the way we get pulled in. Help us to watch the way we respond to information that comes our way. We pray in Jesus' name. Amen