

*O Holy Spirit of God, visit now
this soul of mine, and tarry within
until eventide. Inspire all my thoughts.
Pervade all my imaginations.
Suggest all my decisions.
Be with me in my silence and my speech,
in my haste and in my leisure,
in company and in solitude,
in the freshness of the morning
and in the weariness of the evening;
and give me grace at all times to
rejoice in Thy mysterious companionship.*

~ John Baillie

Be with me in my silence and in my speech

Once again Baillie catches us while we are involved in life and encourages us to call on God to become involved with us in two different circumstances - silence and speaking. We should ask God to be present and move us to speak kindly and honestly whenever we are engaged in our conversations or presentations. The way we say things is as important as what we say. We need both to think before we speak and develop a positive way of saying things. A philosopher once said: The three most important things we should do are: 1 - be kind, 2 - be kind, 3 - be kind. An attitude of kindness is something we can and should develop. Inevitably that will affect the way we speak.

As for silence, it can be spent positively or negatively. Our minds fill in the gaps between speaking. They can be directed toward positive, loving and healing things, or hateful, negative and destructive things. We have control over our thoughts when we are silent.

Silence is an invaluable asset because it affords us the opportunity for quiet time with God. Of all valuable spiritual practices, quiet time, deliberately directed and spent with God, is probably the most valuable. Be with God when you speak and when you are silent.