

HOLY SPIRIT: A CALM SPIRIT

“He who has knowledge spares his words, and a man of understanding is of a calm spirit” (Proverbs 17:27).

Our words reveal spiritual depth or lack of it. A person of few words often reveals discernment. “He that is spiritual judges (discerns) all things” (1 Corinthians 2:15). The person who spares his words speaks from a spirit that is aware. His spirit has been instructed and disciplined by the Holy Spirit. Truth has a right to speak, but the best way is not always through words. Few words with a calm spirit are the mark of understanding. It is not always wise to say a lot. Jesus is our example. He was the epitome of a calm spirit. When asked a question, Jesus frequently answered with a question. Sometimes he never answered the question. It isn't that we shouldn't have an answer, but we should pause and consider before we speak. We're often tempted to say too much. We tend to do that when we are trying to impress people with how much we know. Understanding is concerned more about when and if something needs to be said. Any action taken when our spirit is excited is probably in the will of the flesh, not in the will of God. A calm spirit speaks because he has something to say. A disturbed spirit speaks because he has to say something. This is due to a lack of spiritual restraint. Spiritual restraint is the submission of the human spirit to the Holy spirit for instruction and discipline. Spiritual restraint is when the will of the human spirit is directed by the will of the Holy Spirit. Responding to an urge to be constantly talking reveals a lack of discipline of the Holy Spirit. This will not change until we receive instruction from the Holy Spirit in our human spirit. That requires practiced silence before the Lord.