

The selfishness of speaking your mind

Speech is crucial to a functioning society. We engage in dozens of types of speech: political, social, private and institutional, as well as subcategories of each of these. Every word we say has a purpose or exposes a part of us. Every word we say shares information about our view of the world. Every word influences our context and the people around us. Speech works best when everyone involved understands the context and the appropriate language to use. Most of us use different registers depending on our audience. When the register and the context do not fit, it not only creates a barrier but sometimes creates a lack of confidence in one's competence. All types of speech, however, reveal our character. Any type of speech can be arrogant or humble. There is a tendency in



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our society today to value transparency — this is a good thing. However, transparency can sometimes be a cover for being undisciplined in our speech. It is good to be a truth-teller. However, being a truth-teller as a device to tell others “What they need to hear” in a context that creates unnecessary conflict or embarrassment is self-centered and immature. Any type of speech can be delivered with the goal of building up or tearing down. There are some things I like to keep in mind with my speech. In my experience, these are hard to do. They have, over time, become easier, or rather more natural, as I have sought to move these thoughts from rules that I keep in mind to making them a part of who I am. I still fail often — ask my family. Speaking the truth in love is not the same as speaking your mind to make a point about another's behavior

or character. Speech that is directed toward resolving a problem or correcting behavior must be done with the other person's good in mind. Getting things off our chest is best saved for confession or venting to a trusted friend. The goal is to help everyone grow. In the Christian context, Paul said in Ephesians 4:15-16, “Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every joint with which it is supplied, when each part is working properly, makes bodily growth and upbuilds itself in love.” Similarly, Colossians 4:6 says, “Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone.” Honesty is necessary, but we do not always have to tell everyone what we think all the time. Speaking your mind may let others know where you stand, but it may leave you

standing there alone with lost opportunities. The only way words can move successfully from one person to another accurately is if the speaker and the hearer are not moving away from each other. Proverbs speaks of “fools,” which means one who is not ready to hear what is being said. It doesn't matter how true or needed a word is if the recipient is unable to hear. Proverbs 23:9 says, “Do not speak in the hearing of a fool, for he will despise the wisdom of your words.” On the other hand, there are times when speaking one's mind is evidence of a lack of self-control. We can use speech to make a situation better or worse. Proverbs 15 is the well-known reminder that, “A soft answer turns away wrath, but a harsh word stirs up anger.” Thinking before we speak is always good. “To make an apt answer is a joy to a man, and a word in season, how good it is!” and “The mind of the righteous ponders how to answer, but

the mouth of the wicked pours out evil things.” There are also times when it is best to wait. I believe that too many adults have put too much information into the heads and hearts of our children. There are things that we need to know to be able to function as adults or to do our jobs, but our children do not because they are not mature enough or experienced enough to handle them. This is selfish on the part of anxious adults. The context of Jesus talking to his disciples is clearly different, but the principle holds. He said to them in John 16:12-13, “I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.” Let us all be quick to hear, slow to speak, slow to anger. These things make for growth and peace.

CHURCH CALENDAR

FUNDRAISER
Smithland First Baptist Church, 237 Court St., Smithland, will hold its 5K Run & Walk on Saturday, Oct. 18, 2025. Registration at 7:30 a.m., Race begins at 8 a.m. at the church. Proceeds will go to the SBFC-LCHS Scholarship and Turkey Give Away. Information and preregistration call 270-350-6957 or e-mail

smithlandfirstbaptistchurch@gmail.com.
REVIVALS
Trinity Assembly of God, 27186 IL State Hwy. 3, Olive Branch, IL, will host an old-fashioned tent revival with the theme “The Harvest” at 6 p.m. Friday, Oct. 10 with Jack Oliver speaking; 6 p.m. Saturday,

Oct. 11; and 10 a.m. and 5 p.m. Sunday, Oct. 12. Congregational hymnal songs along with Praise and worship led by the Trinity Assembly of God choir. Information: Stephen and Carrie Clardy at 618-697-9489.
SUBMIT ITEMS
Items for the Church Calendar

must be received by email by noon Tuesday to news@paducahsun.com. No handwritten announcements, please. Put Church Calendar in the subject line. Include the name, location, physical address, date, and time of the event, along with the phone number and name for contact information.

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0900 LEGALS
McCracken County Farm Bureau will be holding their annual meeting Thursday, Oct 16, 2025 at 6pm. Business meeting will follow the meal. St John's Knights of Columbus on Hwy 45. Tickets can be picked up at Broadway and Hwy 60 locations.

The City of Metropolis is accepting applications for Entry Level Firefighter.

Applicants must be at least 21 years of age and not older than 35 years of age at the time of testing. Applications may be picked up between the hours of 8:00 AM and 4:00 PM Monday through Friday at the Mayor's office in the City Hall or the Metropolis Fire Department. Applications will also be available on the cities website at: www.metropolisil.gov (Click on 'Now Hiring') Applications must be received by October 22, 2025 no later than 4 p.m., and may be turned in at City Hall, 106 West 5th Street, (618) 524-4016, or the Metropolis Fire Department, 213 West 7th Street, (618) 524-2121. Testing will be held on November 8, 2025 at 9:00 am at the Fire Department. Possession of a valid CPAT will be required before hiring.

Women, veterans, minorities, and experienced firefighters are encouraged to apply. The City of Metropolis is an EEO/ADA compliant employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, national origin, age, sexual orientation, gender identity, protective veteran status, or status as an individual with a disability. We embrace diversity in our people, services and ideas

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