

Idle Speech

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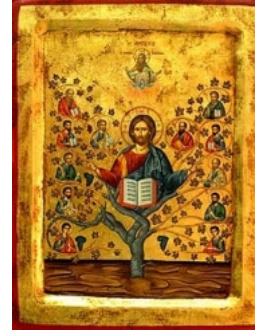
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1. "Salvation is not gained when we speak idly or when we pass through our days without consideration. Be attentive to your tongue and to your mind, for the guarding of these fills the soul with the light of God. But that one whose mouth is unbridled stores up various impurities in his soul." - Elder Ephraim of Philotheou Mount Athos, "Counsels from the Holy Mountain"
2. "Keep silent -- silence is the greatest virtue. Flee idle words and laughter if you want your prayer to have boldness through tears and grace!" - Elder Ephraim of Philotheou Mount Athos, "Counsels from the Holy Mountain"
3. "Continually say the Prayer [of Jesus] intensely, with zeal, with longing; only thus does one become strong in soul. Avoid idle words by means of all sacrifice, for they weaken the soul and it does not have the strength to struggle." - Elder Ephraim of Philotheou Mount Athos, "Counsels from the Holy Mountain"
4. "Be attentive to guard yourself from boldness and untimely words; these dry up the soul of a man, while, on the other hand, silence, meekness and prayer fill the soul with heavenly dew, with a mourning full of sweetness." - Elder Ephraim of Philotheou Mount Athos, "Counsels from the Holy Mountain"
5. "Hate idle talk as the mother of coldness and dryness, for idle talk scatters the tears from our eyes -- that is, it takes them away from us and our soul withers." - Elder Ephraim of Philotheou Mount Athos, "Counsels from the Holy Mountain"

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