

Check Your Grumbling

by Mary Wilder Tileston

Mary Wilder Tileston encourages listeners to practice self-control by checking grumbling and cultivating a calm external habit.

Scripture: Proverbs 16:32, Proverbs 25:28, Ecclesiastes 7:9, Philippians 2:14, James 1:19

Topics: "Self Control", "Spiritual Discipline"

Description

Mary Wilder Tileston emphasizes the importance of self-control and avoiding grumbling and unnecessary vexation at petty inconveniences. She highlights the value of maintaining a calm external demeanor, especially for those who are naturally quick and impetuous, as a means to cultivate an inward even spirit. Tileston warns against a life filled with complaints, likening it to a lingering death.

Transcript

Do all things without murmurings and disputings!

PHILIPPIANS 2:14

He that hath no rule over his own spirit is like a city that is broken down, and without walls.

PROVERBS 25:28

BEHOLD, the paths of life are ours,--we see

Our blest inheritance where'er we tread;

Sorrow and danger our security,

And disappointment lifting up our head.

ANNA L. WARING

ONE valuable way of practising self-control is in checking grumbling, and an unnecessary display of vexation at petty inconveniences. A workman has fulfilled his task imperfectly, some order is wrongly executed, some one keeps you waiting unreasonably; people are careless or forgetful, or do what they have in hand badly. Try not to be disturbed; be just, and show the persons to blame where they are wrong, even (if it be needful) make them do the thing over again properly; but refrain from diffuse or vehement

expressions of displeasure. A naturally quick, impet-uous person will find that to cultivate a calm external habit is a great help towards gaining the inward even spirit he needs.

H. L. SIDNEY LEAR

A repining life is a lingering death.

BENJAMIN WHICHCOTE

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