

The Ninth Degree of Humility

by St. Benedict of Nursia

The ninth degree of humility is restraining one's tongue and keeping silence, as excessive speaking can lead to sin.

Scripture: Psalm 140:11, Proverbs 10:19, Proverbs 17:28, Ecclesiastes 3:7, James 1:19

Topics: "Christian Humility", "Spiritual Discipline"

Description

St. Benedict of Nursia preaches on the ninth degree of humility, emphasizing the importance of monks restraining their tongues and practicing silence, only speaking when questioned. He references Proverbs 10:19 which warns against sinning through excessive speech, and Psalms 140:11 highlighting the instability of talkative individuals on earth.

Transcript

The ninth degree of humility is that a monk restrain his tongue and keep silence, not speaking until he is questioned. For the Scripture shows that "in much speaking there is no escape from sin" (Prov. 10:19) and that "the talkative man is not stable on the earth" (Ps. 139[140]:12[11]).

Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/the-ninth-degree-of-humility/>

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