

Spiritual Reflection on the Virtue of Discretion

Practicing Discretion

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Discretion is a virtue. Discretion is learning how to respond to difficult situations with the wisdom and character of Christ. Knowing what is appropriate and what is inappropriate. Discretion is defined as the quality of being discreet, it is the freedom of action or judgment, in other words: *leaving choices to your own discretion*. Using discretion in our lives can be difficult, but it's good to know that we have the Holy Spirit to help us when it comes to using discretion.

- The Holy Spirit helps us act cautiously in our speech, action and relationships by reminding us to be more like Jesus Christ. Paul wrote to Timothy, "Remember, Jesus Christ and constantly keep Him in mind as risen from the dead." (2 Tim. 2:8)

Ask the Lord to bring to "your" mind to how Jesus Christ would discretely speak, act or relate in different situations.

- The Holy Spirit helps us practice good judgment, prudence and wisdom in our decision-making. Samuel wrote, "May the Lord give you discretion and understanding when he puts you in command over Israel, so that you may keep the law of the Lord your God. Then you will have success." (I Chron. 22:12)

Ask the Lord to give you the mind, attitude and will to practice good judgment, prudence and wisdom in all of your decisions.

- The Holy Spirit helps protect us with His wise discretion by keeping us from careless speech that can entangle us in all kinds of trouble. Discretion is refusing to gossip or talk negatively about other people, other church members, and especially those in leadership. Solomon wrote, "Discretion will protect you, and understanding will guard you. Wisdom will save you from the ways of wicked people, from people whose words are perverse." (Prov. 2:11,12)

Ask the Lord to help you use wise discretion to keep you from unwholesome speech as well as from the ways of ungodly people.

- The Holy Spirit helps humble us when we fail to practice discretion in our personal lives, relationships, or our ministries. The writer of Hebrews wrote, "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." (Heb. 12:11)

Learn from the Lord's discipline so you can be more discrete.

- The Holy Spirit helps us learn how to not take things personally so we can avoid becoming angry, irritable or annoyed with people. Discretion is being careful not to say things that could spark a fight or argument.

Ask the Lord to help you put on a heart of love while refusing to become angry, irritated or annoyed with certain people or problem situations.

The "I Wills" of Discretion

I will choose my words carefully

I will practice good manners

I will not listen to criticism

I will not make fun of others

I will turn down any invitation to do wrong

Ask the Lord to help you learn to practice Godly discretion.