

## Commentary on the Gospel for Sun, Feb 27th 2022

### Triple Filter Test

Read:

The book of Sirach uses three analogies to draw our attention to the truth that our speech reveals our character. Using the imagery of tree and its fruits, Jesus confirms the wisdom of Sirach. Paul invites us to labor with Christ as Christ works, so that we produce good fruit.

Reflect:

Once a disciple came to Socrates ready to gossip about someone. Socrates stopped him and gave him a “triple filter test” about what he was going to say. “Are you sure that what you are going to tell me is true?” The disciple wasn’t sure. ”Is it good?” No, it wasn’t. “Is it useful?” He wasn’t sure. Socrates said: “If what you want to tell me isn’t true, good or even useful, why should I hear it?”

When we are tempted to speak ill of the other, it is good to apply this filter to our thought: “Is what I am going to speak really true, good, and useful?” If any one of the three conditions fails, we better keep our mouth shut, or still better, say a silent prayer for the other.

Pray:

“Lord, give me an appreciative heart so that I speak only words that build up the other.”

Act:

Reach out to a member of your family and say something authentically appreciative.

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