

EASTER MONDAY

How we should regulate our conversations

30.1 First Point

One of the first things to be done by those who have risen with Christ and who wish to lead a new life²¹⁸ is to regulate their conversations properly, making them holy and pleasing to God.

Ordinarily and especially in communities, it is in our talk that we commit most of our faults and the most serious ones. It follows that conversation is one of the things we need to watch over the most, so that it may not become harmful.

For this we cannot do better than model our conversations on the one that Jesus Christ had with his two disciples who were on their way to Emmaus, and also the ones that the two disciples had with each other before Jesus Christ joined them, and after he left them.²¹⁹

In your conversations and recreations are you careful to take Jesus Christ for your model? Is it with the purpose of edifying each other that you participate in them? On leaving them are you all on fire with divine love, as the two disciples who were travelling to Emmaus? Like them, are you better instructed regarding your duties? Are you more encouraged to perform these duties well? Are their topics of conversation the same as yours? Are their maxims and ways of acting sometimes the subject of your discussions? That is how you will benefit from the moments of recreation that obedience grants you, to relax from your work and to restore your energy.

30.2 Second Point

To model your conversation on that of the two disciples and Jesus Christ with them, it is good for you to know first of all what these two men were talking about. They spoke only of good things, of what had happened in Jerusalem at the death of Jesus Christ, about his holy deeds and miracles, about the admirable life which caused him to be so greatly honored by the entire people that they regarded him as a great prophet and even as the Messiah who was to deliver Israel. They also spoke about the rumors which were spreading about his resurrection.²²⁰

Topics of this kind should make up the ordinary matter of conversation among religious and those who live together in community. Since they have left the world and live apart from it, their conversations should also be entirely different from those of worldly people. It would be of slight advantage for them to be separated from the world in body if they were not taking on a spirit quite opposed to that of worldlings; this they should show particularly in their conversations.

30.3 Third Point

The good effects that the conversation of the two disciples produced in them were, first of all, that Jesus Christ joined them.²²¹ This is also a benefit we derive from good conversations, to have Jesus present with us by faith.

In the second place, their hearts were filled with ardor²²² for doing good and on fire with the love of God. This, too, is the advantage that good conversations procure for us; when we have been speaking this way in recreation, we leave it filled with enthusiasm and eager to do good.

Thirdly, Jesus Christ was so pleased by the disciples' conversation that he went with them to the place where they stopped and remained there with them.²²³ In the same way Jesus will be glad to be with you when you take pleasure in speaking of him and of what can lead you to him.

In the fourth place, finally, Jesus gave them his sacred body, and they recognized him.²²⁴ A like happiness will be yours when you willingly converse on holy topics. Jesus Christ, who is in your midst, will give himself to you, and he will communicate to you his Spirit. To the degree that you talk about him and of what pertains to him, to that degree you will learn to know him and appreciate what is good, and his holy maxims.

218 Col 3:1

219 Lk 24:13-32

220 Lk 24:19-24

221 Lk 24:15

222 Lk 24:32

223 Lk 24:29

224 Lk 24:30-31