**The Imitation of Christ by Thomas A. Kempis**

**BOOK THREE:** INTERNAL CONSOLATION

### **Chapter 28:** Strength Against Slander

**Quote:**

"The Voice of Christ

MY CHILD, do not take it to heart if some people think badly of you and say unpleasant things about you. You ought to think worse things of yourself and to believe that no one is weaker than yourself. Moreover, if you walk in the spirit you will pay little heed to fleeting words. It is no small prudence to remain silent in evil times, to turn inwardly to Me, and not to be disturbed by human opinions. Do not let your peace depend on the words of men. Their thinking well or badly of you does not make you different from what you are. Where are true peace and glory? Are they not in Me? He who neither cares to please men nor fears to displease them will enjoy great peace, for all unrest and distraction of the senses arise out of disorderly love and vain fear."

**Definition:**

Slander - The action of making a false spoken statement damaging to a person's reputation. When slander is directed towards an individual, it can disrupt their inner peace by causing feelings of distress, anger, self-doubt, and insecurity. The spread of false information or negative statements about someone can lead to a sense of betrayal, hurt, and a loss of trust in others.

**Scripture:**

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Proverbs 29:25

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.

Colossians 3:2-3

Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

Psalm 118:6

The Lord is with me; I will not be afraid. What can mere mortals do to me?

Galatians 1:10

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

**Concept:**

Walk in the spirit and you will pay little heed to fleeting words.

**Discussion:**

What is the mindset of people who slander others?

How is walking in the spirit our greatest strength against slander?

Why is it considered important to remain silent in evil times, turn inwardly to God, and not be disturbed by slander?