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

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 10:** Avoiding Idle Talk

**Definition and Scriptures:**

**Spiritual Progress:** is the increase of the element of Christ within the believers. (agodman.com)

**John 3:30:** He must become greater; I must become less.”

**Matthew 6:33:** But seek first his kingdom and his righteousness, and all these things will be given to you as well.

**Philippians 1:6:** Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

**Quote:**

“When the right and opportune moment comes for speaking say something that will edify. Bad habits and indifference to spiritual progress do much to remove the guard from the tongue.”

**Discussion:**

What does it mean to have the Holy Spirit work in and through us?

How does bad habits and indifference to spiritual progress erode our confidence in the Holy Spirit completing the work that Christ has begun in us?