

# Quietness of spirit

By Matthew Henry

We must be quiet as the land is quiet from war. It was the observable felicity of Asa's reign, that "in his days the land was quiet." In the preceding reigns there was no peace to him that went out, or to him that came in; but now the rumors and alarms of war were stilled, and the people delivered from the noise of archers at the place of drawing waters, as when the land had rest in Deborah's time. Such a quietness there should be in the soul, and such a quietness there will be where meekness sways the sceptre.

A soul inflamed with wrath and passion upon all occasions, is like a kingdom embroiled in war, in a civil war, subject to continual frights and losses and perils; deaths and terrors in their most horrid shapes walk triumphantly, sleep is disturbed, families broken, friends suspected, enemies feared, laws silenced, commerce ruined, business neglected, cities wasted: such heaps upon heaps does ungoverned anger lay, when it is let loose in the soul. But meekness makes these wars to cease, breaks the bow, cuts the spear, sheathes the sword, and in the midst of a contentious world preserves the soul from being the seat of war, and makes peace in her borders. The rest of the soul is not disturbed, its comforts not plundered, its government not disordered; the laws of religion and reason rule, and not the sword; neither its communion with God nor with the saints interrupted; no breaking in of temptation, no going out of corruption, no complaining in the streets; no occasion given, no occasion taken, to complain. Happy is the soul that is in such a case.

The words of such wise men are heard in quiet, more than the cry of him that ruleth among fools, and this "wisdom is better than weapons of war." This is the quietness we should every one of us labor after; and it is what we might attain to, if we would but more support and exercise the authority of our graces, and guide and control the power of our passions.

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