



Podcast Show Notes

Watch Your Mouth - GOSSIP

Your kids are doing it... your teacher is doing it... your co-workers are doing it... your neighbors are doing it... your church parishioners are doing it... grandma's doing it... heck, everybody's doing it... This episode features the salacious, enticing, and destructive guilty pleasure GOSSIP.

Jazmine Bentley brilliantly sets the tone with her 'tongue-in-cheeky' monologue.

In our That Was Then segment we hang in the shadows of JESUS CHRIST - the most gossiped about person in history to see how He dealt with all the disinformation concerning Him.

Our This Is Now segment brings gossip center stage (literally) as we hear snippets of a TEDx Talk by celebrity gossip journalist Elaine Lui as well as getting Dave Ramsey and Brenae Brown's take on gossip.

I'm convinced you'll wanna tell everybody about this episode!

Opening & Overview (3½ minutes)

THAT WAS THEN (15 minutes, 19 seconds)

[Lead into episode's content]: (1 minute, 50 seconds)

- **DEFINITION:** According to Google Dictionary, **GOSSIP** means "casual or unconstrained conversation or reports about other people, typically involving details that are not confirmed as being true".
- **'TONGUE-IN-CHEEKY' MONOLOGUE:** Jazmine Bentley
- **APPROXIMATE # OCCURRENCES IN SCRIPTURE:** 41 times
- **BIBLICAL ACCOUNT TAKEN FROM:** Luke chapter 24 verses 1 through 34 in The Message Translation from Bible.com read by Kelly Ryan Dolan

- **FEATURED TEXT:** Luke 24:17-18 (The Message) *"He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?"*

Full Biblical Account: 3 minutes)

Monologue by Jazmine Bentley

- *Psssst! Come closer... I don't want anybody to overhear. Take me off speaker, put your headphones on or turn down the volume. Have you heard about Rose? ...What?!!! OMG, have you been hiding under a rock? Well, I heard from Lilly that she had lunch with Daisy last week who told her Rose's husband Dan (you know, Dandelion) got fired and replaced by Iris; that hot young Business Analyst who slept her way to the top and suddenly got promoted to Dan's position. But that's not the half of it. Poor Rose was hit with the bombshell that Dan made some risky investments with Basil and some shady dude who goes by "Sweet William", who made off with all their savings and they're going to have to sell that huge house – you know, the one they hosted last year's Church Christmas Bazaar from (pause for reaction, girl). Tsk, such an awful thing. Now they have to uproot their two kids (Heather and Jasmine) and move across town to the ghetto. Hmmm, there must be something deeper going on here for GOD to allow this to happen. You know I'm not one to gossip, right? I'm just telling you so you can keep them in prayer.*

Commentary by Dorma Guice

- *If you haven't figured it out yet, today's episode features the salacious, enticing, and destructive guilty pleasure **GOSSIP** which according to Google Dictionary, means "casual or unconstrained conversation or reports about other people, typically involving details that are not confirmed as being true". [And this tongue-in-cheek overview was brought to you by Jazmine Bentley who, while a pretty good actress is far from a real-life gossip.]*
- *But how often are you party to conversations like this? Were you repulsed or riveted? Did this incite a "get behind me Satan" or "go tell it on the mountain over the hills and everywhere" reaction? In other words, when presented with **gossip**, (and we've all been presented with it) are you more likely to shut it down or stoke the fire? You see **Gossip**, far more than just a titillating form of communication, is a toxic weapon with a singular mission – seek and destroy. The person deploying the juicy tidbit is deceived into thinking they can control the **gossip's** course (just how fast and far it can spread), but little time passes before it spontaneously detonates, destroying everything in its path – even the instigator. From its origin, **gossip** was destined to be a loner. It has no friends, makes no friends and wants no friends. It is an equal opportunity villain that shows no favoritism, has no off button, and won't stop until it is confronted by a soldier trained to alter its course and diffuse it. In many cases, by then it's too late. Multitudes of people, friendships, marriages, reputations, careers, and lives are ruined behind this napalm-infused chat.*

- But there's one thing about **Gossip**, like even the deadliest weapon of mass destruction, can do no harm without a target and someone to deploy it. Not one to sit idle, it constantly seeks operators. A vulnerable soldier armed with such a deadly weapon disguised as "breaking news" suddenly experiences a feeling of empowerment that momentarily distracts him/her from their boredom or mundane state and inducts them into the deceptively exclusive club of people in-the-know. With their trigger finger now burning, the next phone call, text or fellowship is all they need to fire! But to their shock and dismay, the conversation is interrupted with "did you hear what Violet said about you"?
- Sadly, this occurs approximately 41 times in Scripture and today's Biblical example is taken from Luke chapter 24 verses 1 through 34. For your convenience, I'll play this text for you using the Message Translation from Bible.com and read by Kelly Ryan Dolan. But first I want to zero in on our featured text in verses 17 and 18 which says **"He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?"**
- Imagine coming off accomplishing the greatest feat in your life. Everyone in town is talking about it. You overhear two strangers **gossiping** about you so you ask them to share, only to find that they have no clue what really happened. This is what Jesus (the most **gossiped** about person in history) was met with the day he resurrected from the dead. Having been publicly tried, beaten, dragged through the streets practically naked and dying a criminal's death just two days prior, there was not a person in town who didn't witness it firsthand or hear about it. Countless others either beheld his miracles and caught his teachings or at least heard about them over a 3½ year period. So Jesus wasn't troubled to find two men on the road to Emmaus talking about his crucifixion as everything they said up to that point was true. The problem was they were miscommunicating the facts concerning his resurrection. So, to safeguard us from being misled by a few missing facts, let's start from verse 1 of chapter 24 to get the full context of this account.
- There's a popular saying: "a lie can make it halfway around the world before the truth gets up in the morning". Well, in the two days following Jesus' death there was a flurry of confusion and misinformation. And as with any festering **gossip**, JESUS had to put an abrupt end to it by setting the record straight. Interestingly enough, HE didn't show these men the nail marks in HIS hands and feet but walked them through the scriptures; proving by example that the WORD of GOD is the highest basis of truth and the go-to source to eliminate all doubt concerning HIM. Although HE rebuked them for not believing what prophet-after-prophet foretold, HE also taught them from the beginning all the scriptures concerning HIM. HE didn't go through this exercise with these two random followers to merely correct their doctrine. HE sought to solidify their faith so their future messages about HIS death, burial and resurrection will not only be accurate, but cause others who put their faith in HIM to worship in Spirit and in Truth.
- If you think JESUS was over-reacting, consider that today there are over 45,000 Christian denominations globally. According to the Center for the Study of Global Christianity, the US alone houses over 200 of them – Pentecostal, Catholic, Anglican, Baptist, Greek Orthodox, Presbyterian, Calvinist, Armenian, Lutheran, Apostolic, Episcopalian, Methodist, — the list goes

on and on. With each denomination teaching and believing something different about JESUS, HIS Deity, His teachings, His Church, protocols for worship – again, the list goes on and on.

- *And if you're wondering "How did we get here?" Well, a cursory look shows that differences in belief, power grabs and corruption all had a part to play. But discrepancies in belief about Jesus were an issue even before His crucifixion. Have a listen to what people were saying about Him behind His back while He was still walking the earth. **"After this, Jesus traveled around Galilee. He wanted to stay out of Judea, where the Jewish leaders were plotting his death. But soon it was time for the Jewish Festival of Shelters, and Jesus' brothers said to him, "Leave here and go to Judea, where your followers can see your miracles! You can't become famous if you hide like this! If you can do such wonderful things, show yourself to the world!" For even his brothers didn't believe in him... But after his brothers left for the festival, Jesus also went, though secretly, staying out of public view. The Jewish leaders tried to find him at the festival and kept asking if anyone had seen him. There was a lot of grumbling about him among the crowds. Some argued, "He's a good man," but others said, "He's nothing but a fraud who deceives the people." But no one had the courage to speak favorably about him in public, for they were afraid of getting in trouble with the Jewish leaders.**" That was John chapter 7 verses 1 through 5 and 10 through 13 in the New Living Translation and read by Todd Busted. This same account in the New International Version says there was "widespread whispering" about JESUS. And Matthew chapter 16 verses 13 through 18 says this: **When Jesus came to the region of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" "Well," they replied, "some say John the Baptist, some say Elijah, and others say Jeremiah or one of the other prophets." Then he asked them, "But who do you say I am?" Simon Peter answered, "You are the Messiah, the Son of the living God." Jesus replied, "You are blessed, Simon son of John, because my Father in heaven has revealed this to you. You did not learn this from any human being. Now I say to you that you are Peter (which means 'rock'), and upon this rock I will build my church, and all the powers of hell will not conquer it.***
- *So, even while JESUS was teaching, healing, and ministering on earth, there were many eyewitnesses following Him who were "in the room where it happened" so-to-speak and put their faith in HIM because of it. In fact, JESUS made good on HIS Promise as the Book of Acts is a chronology of the first Church of JESUS (or first Christian church) which was started by Peter and a few of these same eyewitnesses. And these disciples traveled to other cities, countries and even continents spreading one unified message of JESUS CHRIST based on all the Old Testament prophecies made in Scripture and their own eyewitness accounts.*
- *But also present were the religious leaders of that day who were motivated by jealousy, the need to retain power, and were greatly incentivized to control and suppress the narrative about JESUS (especially concerning HIS resurrection). They sought to accomplish this by means of intimidation, severe persecution of the Church, and by spreading confusion, strife, and **gossip**. Much of it served as the basis for the tens-of-thousands of religions and flavors of Christianity that still exist today. But imagine how significantly that number can be reduced to one unified Church if we, like JESUS used all the scriptures concerning HIM as our go-to source rather than*

speculation, **gossip** or our own personal opinions about GOD, JESUS, and what a Church should be like. And if JESUS had to contend with **gossip**, how much moreso do we?

THIS IS NOW (12 minutes, 23 seconds)

- **I HATE GOSSIP!** <https://www.youtube.com/watch?v=EFpANOYMKjk> That was Dave Ramsey, personal finance expert, creator of Financial Peace University, and host of the Dave Ramsey Show sharing about his company's zero-tolerance workplace **gossip** policy, which if instituted in every company across the US, would spark an unemployment crisis that surpassed the Great Depression. Because we have all been guilty of **gossiping**! And if we're being honest, many of us really enjoy it. If some of us were to stop **gossiping** cold-turkey, we would have nothing so say for about three weeks, our social media status would be on mute, we could downgrade our "unlimited talk and text" plans and reclaim about fifteen hours of our week.
- Psychology professor Nicholas Emler conducted a study of the conversations of 300 people and found that an average of 65% of their conversation could be defined as **gossip**. What percentage would yours be? If you worked for Dave Ramsey, would you make the cut or be cut? Personally, I make a concerted effort not to **gossip**; but a few weeks ago, I was told something so scandalous I became obsessed with tracking down persons-of-interest willing to confirm my findings by spilling some tea with me. And as more zesty morsels were served up with each conversation, I am ashamed to confess that it took about three days before I came to my senses and decided to just stop because this is NONE OF MY BUSINESS!!!
- But my justification was: "I didn't start it... I'm just gathering information. In fact, I didn't repeat it to anyone who didn't already know. That's not **gossip**, is it?" Well, let's ask Brene Brown... Lifeclass <https://www.youtube.com/watch?v=YsuVIJyL1rs>.
- That's pretty cut and dry. But what if I'm just listening... I'm not the one doing the **gossiping**, right? <https://www.youtube.com/watch?v=Jg5qO0akeDA>
- Okay, I get that talking about people behind their back is wrong. But there's nothing wrong with reading the **gossip** blogs and tabloids. I'm just catching up on my favorite celebrities. What's the harm in that?! [Professional gossip] <https://www.youtube.com/watch?v=oFDWOXV6iEM&t=154s>

You did not expect this topic to take you to TED, did ya?!!! But essentially what Elaine Lui so cleverly articulated is: in her line of work, gossip can tell her more about us and how socially intelligent we are than about any bad-behaving celebrity. Let that bake your noodle while we move on to our Who Said That?!!! Segment...

WHO SAID THAT?!!! (40 seconds)

- ... which features a quote by a wise but unknown person who said "There is so much good in the worst of us, and so much bad in the best of us, that it behooves most of us not to talk about the rest of us." – Unknown

WHAT DID YOU SAY?!!! & Closing (2 minutes, 59 seconds)

Outro: "What Did You Say?":

- This brings us to our final segment: “What Did You Say?”, where we examine our choice of words and decide to eliminate unhelpful and hurtful speech from our dialogue. The fastest way to decide what to say is to know “WHAT NOT TO SAY”. And the best way to determine what not to say is to see what the Bible says about what we say.
- There are so many scriptures about **gossip** in the Old and New Testaments that it was hard to pick just one. So, I’ve decided to just run down the list of my top 5 proverbs in the New International Version and read by Max McLean. You’ll find that they’re very straightforward and require no further commentary from me. They are:
 - Proverbs 11:13 – **“A gossip betrays a confidence, but a trustworthy man keeps a secret”**
 - Proverbs 16:28 – **“A perverse man stirs up dissension, and a gossip separates close friends”**
 - Proverbs 18:8 – **“The words of a gossip are like choice morsels; they go down to a man’s inmost parts”**
 - Proverbs 20:19 – **“A gossip betrays a confidence; so avoid a man who talks too much”**
 - Proverbs 26:20 – **“Without wood a fire goes out; without a gossip a quarrel dies down”**
- <https://www.youtube.com/watch?v=uvF2rFoU6eg>.

Affirmation & Closing:

- Until we get together again, ponder and recite this AFFIRMATION: ... “I don't say anything about anyone that I wouldn't want said about me.”

Closing remarks:

- Thanks for listening to this podcast. If you enjoyed it, feel free to share it with everyone and check out the corresponding blogpost at watchyourmouth.blog for more insight. Feel free to download the show notes from our [Podcast](#) page to get links and references to the information shared in this episode. You can also join our [Member](#) Community by subscribing and we'll make sure you never miss one. Members can also share comments, stories and keep the conversation going in our [Discussion](#) Forum. Additionally, please consider supporting this podcast by donating any amount on our [Donate](#) page. Your generosity enables us to keep delivering fresh content and reach more people. Lastly, like us on [Facebook](#), follow us on [Twitter](#), [Instagram](#) and [Pinterest](#). Until next time ... be well and watch your mouth!

Sources and Links:

www.watchyourmouth.blog

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