

The Weekly Message from Darren Brandon  
March 18, 2026

**"Before You Speak - THINK"**



Hanging outside my office is a small sign that reads, Before you Speak - THINK. The word THINK is an acronym:

- T - Is it True?
- H - Is it Helpful?
- I - Is it Inspiring?
- N - Is it Necessary?
- K - Is it Kind?

In our fast-paced world, where rapid-fire communication is the norm we could use THINK as a kind of spiritual examen. Before we speak, type that email, send the text, or share our thoughts on social media, pause and THINK.

First, is it True? Being honest keeps us grounded in integrity. Yet truth is not only about accuracy. Emily Dickinson wrote, *"Tell the truth, but tell it slant."* Truth can be spoken with grace and wisdom.

Second, is it Helpful? Some words may be true, but not helpful. Words can bless or do harm. Ask if your words provide clarity, healing or simply add to the noise.

Third, is it Inspiring? Think about the people who have encouraged you most and how their words lifted your spirit.

Fourth, is it Necessary? Not every thought needs expression. Sometimes, the most gracious thing we can do is choose silence, leaving room for listening and understanding.

Finally, is it Kind? Kindness changes everything. Even hard truths can be spoken with compassion for the one receiving them.

Imagine the shift in our communities and families if we all committed to this practice. It doesn't mean we will never stumble, but it gives us a beautiful framework to strive toward.

This week, I'm trying to practice the pause, and T.H.I.N.K. before I speak. It's not easy, but I'm committed to trying. Will you join me?

Blessings,

A handwritten signature in black ink that reads "Darren". The signature is written in a cursive, flowing style.