



## The Sin of Frivolity\*

*“Let your speech be always with Grace, seasoned with salt”*  
(Colossians 4:6)

*His Eminence, Metropolitan  
Cyprian of Oropos and Fili*

**O**UR PIOUS lay brethren in Christ should not be tempted by the spirit of the world and slip into the sin of frivolity, which has taken on pandemic dimensions in our wicked times.

A new science has been developed—and an entire industry promotes its products—to peddle laughter, jesting, satire, anecdotes, word-play, teasing, mockery, and pleasantries as a literal way of life!

This pestilential disease has unfortunately spread widely among Christians as well, who, having clearly forgotten the boundaries which separate the condition of joyfulness in Christ from worldly joy, publish—apart from other things—special collections of anecdotes and “innocently” proclaim that “laughter came from Paradise”!

This evil progresses even further when one considers that there are Christians who, in flippancy of heart, apply their cheap joking to passages of Holy Scripture, unconscious of the condemnation which they are bringing upon their souls.

**THE HOLY FATHERS** of our Church are completely unambiguous and most strict in this matter:

*“The Christian and the jokester are two complete opposites”*  
and *“we must abhor frivolity as an evil contrary to the life of Christians.”*

(St. Nicodemos the Hagiorite)

**Christians** who continually tell jokes and anecdotes to provoke laughter—and boisterous laughter at that, with unrestrained shrieking, at times reaching the point of tears—sin most gravely.

**One can** understand this stance when one considers that worldly frivolity veritably shakes the foundations of the life in Christ: it expels vigilance and prayer, attention and watchfulness, the guarding of the senses, and the blessed fear of God.

**Our modest** and holy way of life certainly does not mean glumness and dejection; the pious person who has a foretaste of the eternal joy of the Kingdom of Heaven expresses the cheerful condition of his soul with his modest smile, with his joyous face, and with his Grace-filled and fragrant speech, which is always

*“good to the use of edifying.”*

(Ephesians 4:29)

\*Source: Άγιος Κυπριανός, No. 263 (November-December 1994), p. 313.