

## *Telling vs. Saying*

The counterpart to  
“show and tell” is  
“know and say.”

Some people can  
tell you everything,  
but say nothing;  
others will say  
one thing,  
while telling you  
something else.

Telling is  
reciting and describing;  
saying is  
communicating and sharing.  
Telling is often  
automatic and unreflective;  
saying is more  
deliberate and meditative.

Telling pounds  
the ears;  
saying goes to  
the heart;  
Telling prattles about  
things;  
saying speaks of  
self.

You will tell  
what happened,  
but say  
what it means.

Therefore,  
in coming to God  
to pray,  
there is nothing  
to tell,  
but a lot  
to say.

