

CHOOSE CAREFULLY

Mark Twain said, "I can live for two months on a good compliment." On the other side of the coin, Cher sang, "I'd take back those words that hurt you....words are like weapons, they wound sometimes." The power of words. They can heal or hurt. Build up or tear down.

In every marriage, careless words are often said at the wrong time. Aggressive words, putdowns, accusations, and sarcasm spoken can escalate into conflict. Like pouring gasoline on a fire, we strike back when attacked rather than disarming the hostility with kind, gentle, and sensitive words-----words that express peace, love, and concern.

One of the most inspiring messages I remember from Martha Ann McRoskey's funeral Mass was that she would leave notes on the wall expressing peace, love, and concern. One of her notes that can help us Choose Carefully was, "**A kind word is never wasted**"

We need to choose words that encourage, enable, and empower those who are going through difficult times. Our words, spoken at the right moment, can boost someone's confidence, heal their pain and give them the hope they need.

Following Martha's example of leaving notes for your spouse, child, or parent can be notes with words inspiring, lifting up others, and endorsing their God-given worth and beauty. It's simple and costs nothing, but it can be priceless to someone starving for acceptance. AMEN