

ONE RULE I HAVE endeavored to teach my children is that there are some things that are never spoken. No matter how aggravated, angry, or upset one may be, there is a line that must not be crossed. You may not say things that hurt other people. Words are like feathers in the wind: once spoken they may be repented of, apologized for, and forgiven, but they can never be erased from the hearer's psyche.

This is true for adults. Wounds caused by such words as "My mother was right; you'll never lose those extra pounds," or "I should have married John; he's made a success of himself," never heal. But it's our children who are especially vulnerable. Words that cause emotional reaction, especially if there is pain attached, become memories that haunt a person for a lifetime.

Sam was about 4 years old. A guest was helping in the kitchen and Sam, who was curious and needed to learn about everything going on around him, was on a small stool, lending a hand. Some mistake was made, and the guest said to Sam, "If you had a brain you'd be dangerous." Sam had never been spoken to like this before and left the kitchen in tears. The guest was shocked. This was just her way of relating to children; she hadn't meant to hurt Sam's feelings.

Twenty-two years later Sam and I were working in the kitchen when something slipped to the floor. Sam immediately responded, "Like ____ said, if I had a brain I'd be dangerous." The incident had not been alluded to in all that time, but the painful memory of those thoughtless words was still there.

How much more words must hurt when the stab is intentional. "I never

wanted another child anyway"; "You're the dumbest kid on the face of the earth"; "She won't attract boys with that face." It's scary to realize that in a moment's thoughtlessness we can scar someone for life.

The world is cruel enough. Our families should be safe places with locks on the doors to safeguard our children from dangers that could harm their bodies—and locks on our tongues to safeguard them from words that could wound their sensitive souls. *Lord, help me to tame my tongue to never say anything I wouldn't want said to me.*

KATHY KUZMA

Victory in Christ is our goal -
Health of body, mind, and soul.
Come and travel with us.

Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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HEALTH TIPS!

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Wounding Words

With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be. James 3:9, 10, NIV.