



In the hills of Matadi, a mother once taught her young daughter a simple lesson with a tube of toothpaste. She asked her to squeeze it all out onto a plate, then to put it back inside. The daughter tried, but it was impossible. The mother gently said: *"Words are the same. Once spoken, they cannot be taken back. Hence, before you speak, think wisely—it should not hurt anyone, but it should be healing."*

Years later, the daughter—now a young lady of 15—stood before her classmates. She remembered her mother's lesson as she watched a boy being mocked by her friends.

Some classmates laughed cruelly: *"You're so slow, you'll never catch up!"* - *"Why do you always make mistakes?"* - *"Nobody wants you on their team!"*

The boy looked downcast, and the cruel words echoed louder than laughter, leaving scars in his heart that no one could see.

But the young lady chose differently. She stepped forward and said to the boy: *"Keep doing your best patiently."* - *"Everyone makes mistakes—that's how we learn."* - *"I want you on my team, because you never give up."*

Her words carried warmth. The boy's eyes brightened, his shoulders lifted, and the classroom grew quiet, filled with respect.

That evening, she noted in her journal: *"Words are seeds. If I plant anger, I harvest pain. If I plant kindness, I harvest peace."*

Weeks later, a speech contest was held in the classroom. Students spoke on different topics. Remembering the young lady's healing words, the boy chose to speak on **The Power of Words**.

He said: *"Words are not just sounds; they are energy that shape hearts and futures. Hurtful words may fade from memory, but their wounds remain in the soul. Gentle, uplifting words are like lanterns in the dark—they guide, heal, and inspire. Your voice is a gift. Use it to build bridges, not walls. Speak with compassion, and you will discover the strength of bringing peace where there was pain."*

Everyone clapped, and the boy's speech became a reminder to the whole class that words can either wound or heal, destroy, or uplift.

Question: Can you remember a time when your words became healing to someone?

Heart-Work: Practice thinking wisely before you speak. Later, share your experience.