

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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Injuries

"The injuries we do and those we suffer are seldom weighted in the same scales." – Aesop, *Fables*,
"The Partial Judge"

"It is better to receive than to do injury." – Cicero

"He who injured you was either stronger or weaker. If weaker, spare him; if stronger, spare yourself."
– Seneca, *De Ira*

"There is noble forgetfulness – that which does not remember injuries." – Charles Simmons

"The best revenge is to be unlike him who performed the injury." – Marcus Aurelius

From our childhood we heard the words, "Sticks and stones may break my bones, but names will never hurt me." Unfortunately, they do hurt and sometimes a lot more than we care to admit.

So often people think of physical injuries. Perhaps a broken bone, a torn ligament, a twisted ankle, etc. But the physical injuries are usually such that we heal in time. But those barbed words hurt us and seems to cause us a great deal of mental distress.

"Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles! And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison" (James 3:5-9).

If you have been on the receiving end of some vicious words, you know the pain that it can cause. And yet, sometimes those who have faced such an attack, will themselves hurl the words back in such a way as to cause harm to the other. Getting even is never the answer! Sometimes in these heated exchanges, words are said that we wish never had escaped our lips.

Knowing how badly you can be injured by words, you yourself need to strive to not be the source of such awful words. Our goal in life is not to injure, but to edify. Just as the apostle Paul wisely wrote, "Therefore let us pursue the things which makes for peace and the things by which one may edify another" (Rom. 14:19).

And here is some further wisdom from James that we need to apply to our lives; "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath" (James 1:19).