

The Power of Words

“Sticks and stones ...” Remember that chant? The truth of the matter, however, is that words do have the power to hurt us. Many of us live with the scars of names we have been called or things we’ve been teased about. There is great power in words. Helping your children to pay attention to the way that they speak—both the words they say and how they say them—is forming them to appreciate the power of words. When we celebrate the Seven Sacraments, the Church uses specific words. The words that are spoken by the Church have great power in our lives. Through these words and the presence of the Holy Spirit, Jesus is with us. Jesus works in and through the Sacraments to transform us.