



Hope & Inspiration

Thoughts to inspire

THREE SIMPLE WORDS

"Words are, of course, the most powerful drug used by mankind."

- Rudyard Kipling -

Some of the most important, inspiring, healing and helpful messages we give to one another come in just three words. When spoken or conveyed, those sentences have the power to forge new friendships, deepen old ones, restore broken ones and heal pained ones. Here are some three-word phrases that should come from our lips frequently:-

- *I forgive you.* These words liberate you from feelings of anger, bitterness and resentment.
- *I miss you.* These words are sure to strengthen and salvage relationships that are cooling.
- *I appreciate you.* These can be spoken and demonstrated. Either way, they will convey that we are not taking another person for granted.
- *Please forgive me.* These words indicate humility on our part and an awareness of a wrong we have committed. They open the way to a restored relationship.
- *I thank you.* People who enjoy good, close friendships are always those who say "I thank you" for the many kindnesses received from others.
- *Count on me.* When you say this, be sure to mean it and then be there when someone needs you, even if it is inconvenient. Your presence during a hard time will be of great and unforgettable comfort.
- *Let me help.* Good people and the best of friends fill needs. When they see a hurt, they do whatever they can to heal it.
- *I understand you.* These words convey complete acceptance and a suspension of judgement. To be in the presence of an understanding, accepting person facilitates emotional healing and better decision making.
- *Go for it.* All of us need cheerleaders in life. This simple phrase conveys confidence and support in another person.

Written by Victor M Parachin



Lord, help me forgive, encourage and support, so that my words and actions bring hope, comfort and kindness to those around me. Amen.