

Responsibility is showing you can be trusted with what is expected of you.

Read: Ephesians 4:29



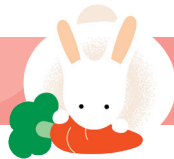
DAY

1

Simon Says

Play a game of Simon Says with some friends or family. Take turns being Simon, the person who gets to give silly commands, like jump on one foot. (Remember to only move when Simon says “Simon says” before the command.) While you’re playing, if you listen to the one in charge, you will know what to do. In life, when you listen to God’s Word, you will also know what to do.

KNOW that when you follow God’s Word, you will know what to do.



DAY

2

Words to Build Up

With a friend, use words to build each other up. Start sitting on the ground and have one person say something nice about the other, while the other sits up a little taller. Take turns sharing kind things until each of you are standing tall!

LOOK for times you can use words to build others up!

DAY

3

Words That Help

This week’s verse talks about using our words to build others up. Read Ephesians 4:29 and talk with someone in your family about what you can say to build others up and what types of words bring others down.

ASK God to help you choose words to build others up.

DAY

4

Wise Words

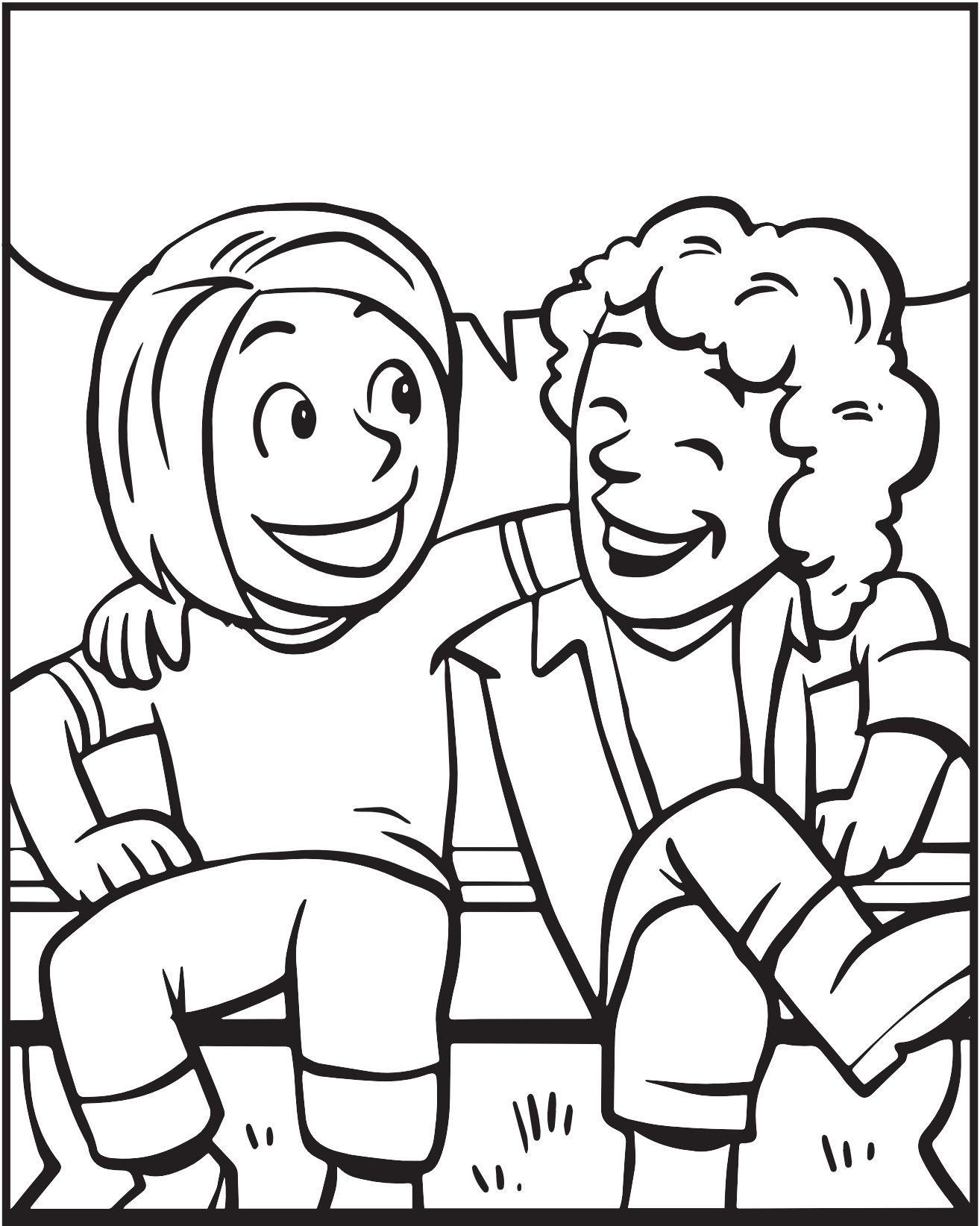
Sometimes using wise words is hard. When you have trouble thinking of the right thing to say, ask God to help. You can pray a simple prayer like the one below. Add your own words when you need them!

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“Dear God, please help me only use my words to build others up right now. Even when it feels hard to do. Amen.”  
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THANK God for being there when you need help choosing the right words to say.



Use your words wisely.



**FILL IN THE SPEECH BUBBLE WITH WORDS
THAT WOULD BUILD UP A FRIEND.**

Responsibility is showing you can be trusted with what is expected of you.

DAY 1

Read Ephesians 4:29

Sometimes, in spite of what we *want* to do, we really should stop and think before we speak. And most of the time, especially when we're angry or frustrated, we should say LESS than we want to say in the moment. It's better to calm down, take a deep breath, and think before we say something hurtful or unkind.

Words matter. The words you say have the power to hurt or heal. That's why Paul reminds us to use words that "build others up" instead of words that tear others down. You do have control over the words you say. With God's help, you can take responsibility for things you say and use your words wisely.

Say Less

Have you heard the phrase, "If you can't say something nice, don't say anything at all?"

This week, when you find yourself about to say something unkind, remember in the moment to pause and SAY LESS so that you don't say something out of anger. Write "SL" on your palm with a pen as a reminder today to say less in order to use your words wisely.

DAY 2

Read Matthew 12:35

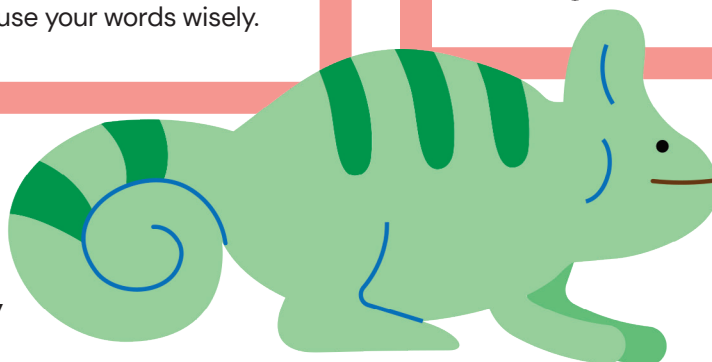
If you put a melty marshmallow and piece of chocolate between two graham crackers and push them together, what comes out?

.....

If something makes you REALLY mad, what comes out? When you're angry or hurt or frustrated, the words that come out of your mouth in that moment let you know what's going on in your heart and mind. Because under pressure, when life gets hard, what's on the inside will come right out.

One way to make sure our words are wise and helpful, is to fill our hearts and minds with GOOD things. If you surround yourself with friends who love and follow Jesus, you'll follow Him more closely too. The opposite is also true. If you spend your time with people who say unkind, hurtful, and disrespectful things, you might find yourself repeating what you've heard.

Ask God to help you fill your heart and mind with good things so you can be the kind of friend who helps others use their words wisely too.





DAY 3

Read Proverbs 15:1

Have you studied tornadoes in school? A tornado, also known as a twister, is a violently rotating column of air that reaches from a storm cloud to the earth's surface.

Your words have power. Gentle words can bring calm to a situation, but like a swirling storm, mean or thoughtless words stir up anger, leaving a big mess behind. When it comes to the words we say, we should be careful to give gentle answers that bring calm instead of unkind, hurtful words that stir up anger.

Wise Words Art

Grab a piece of paper and draw a line down the center. On the left side of the page, draw a calm, peaceful scene. It could be a quiet stream or flower-filled meadow. On the right side, draw a big storm or tornado. Write the first half of today's verse over your peaceful scene, and the second half over your swirling storm. Hang up your artwork where your family can see it. If someone ask about it, explain that part of responsibility is choosing to use your words wisely.

DAY 4

Read Matthew 21:28-30

"What's more important? Saying you'll do something or actually doing it? Easy question, right? Everyone knows that actions speak louder than words. That's why it is so important to show you can be trusted by what you do—not just by what you SAY you'll do.

Responsibility means you do what's expected. You don't just talk about it. You don't even nod your head "yes" unless you can follow it up with the doing part. The person who always makes empty promises isn't the person you want to be friends with. So don't be that person. Be the one who takes responsibility to choose your words wisely so you can be trusted to do what you say you'll do.

"Yes" Card

Find an index card and write the word "yes" on it. Today, whenever anyone asks you to do something, only pull out your "yes" card if you intend to do it. If you're reading this before bedtime, take the card with you tomorrow. Once you've shown your "yes" card, you are committing to follow through with that responsibility. So *only* pull out your "yes" card if you're planning for your actions to match your words.



Use your words wisely.

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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Day 2

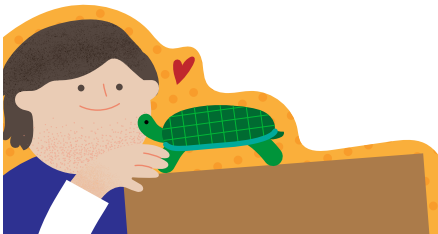
Read Ephesians 4:29

Often when you hear about using your words carefully, you think about telling the truth, or not saying bad words. But God calls us to something even more when it comes to the words we use.

Read Ephesians 4:29 and make a list of the things your words should do.

- 1.
- 2.
- 3.

If your words aren't encouraging and helpful, you're not using your words wisely, and someone might get hurt. The next time you speak to someone, ask yourself, is this helpful AND kind?



Answers: Build others up, meet others' needs, help those who hear them

Day 3

Use your words wisely.

Sounds awesome, right? It's easy to think about saying kind, encouraging things when you're not mad, or tired, or frustrated, or hurt. . . But when you are any of those things, it's a different story.

Take a few minutes to talk to God about why you sometimes struggle to use your words wisely. Start by sharing a time that you know you messed up and didn't speak kind and encouraging words to someone. Then ask God to help you ask that person for forgiveness (if you haven't already). Ask God to help you control your words and only say things that are helpful and encouraging. Then close your prayer by thanking God for giving you the wisdom you need to **use your words wisely**.

Day 4

Ask an adult to play a quick call and response challenge with you.

Ask the adult to read the following scenarios below. After they give you each situation, try to respond with encouraging, helpful words.

- Your teammate strikes out, losing the game for your team. As your teammate walks back into the dugout to grab their gear, you say. . .
- Your sister accidentally spills her drink on your gaming system. You're still not sure if it's going to be messed up, but immediately, you say. . .
- You made it into the school play, but your best friend did not. Your friend is upset, and you say. . .
- Your dad is late picking you up—again. You're frustrated, but you choose to say. . .

After you're done with the challenge, talk with each other about why that was hard—or easy. Discuss the question, **Why do your words matter?** And then come up with a plan on how you can be prepared to choose encouraging, positive words in the future.

Day 5

Have you ever been having a bad day, and then your friend told you a hilarious joke, or your mom said she loved you, and suddenly, things didn't seem so bad?

It's so cool how God has given us the power to change someone's day, just by using our words to be encouraging.

Unscramble the scrambled words in the list below to reveal things you can say or topics you can bring up to **use your words wisely** and encourage others when they are down or just need a good word. Then circle one or two things you can go and say right now—then go and **use your words wisely!**

- UOY OD _____ RAYELL LEWL
- OYU RAE TRSNOG
- LTLE A KOJE
- UYO EAR OS RMTAS
- I UDNNDSEATR
- OD YUO EMERBMRE NHEW EW
_____? (funny memory!)
- OUY REA YFNUN
- I MA EERH ROF UOY
- WHO NAC I LPHE?

Answers: You do really well; You are strong; Tell a joke; You are so smart; I understand; Do you remember when we _____? (funny memory!); You are funny; I'm here for you; How can I help?