

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

WEEK  
**5**  
1ST

Read Psalm 141:3

DAY  
**1**

## **Oh, Be Careful Little Mouth**

When you think of the word responsibility, do you ever think about what you say to other people? We are to use our words wisely and that means we need to be careful with what we say to other people because it can be helpful or it can be hurtful. Ask an adult to grab a tube of toothpaste and slowly squeeze a little bit of it out of the tube. Ok, now that the toothpaste is out, I want you to put it back in the tube. Guess what? You can't put it back in. And that's exactly how our words are too. Once we say something, we can't take it back. So be careful, little mouth, what you say.

**Ask God to help you to be responsible with your words.**

DAY  
**2**

## **Be Helpful Not Hurtful**

Why does it matter what we say to others? God tells us that our words matter because He wants us to say things that are helpful, encouraging, loving and not negative or hurtful. Flip this page over and circle all of the words that are helpful and put a big X on the ones that are hurtful!

**Know that your words matter!**

DAY  
**3**

## **Mouth Guard**

Ask an adult to help you look up Psalm 141:3 and read it together. Grab a piece of paper and rainbow-write the verse and put it somewhere that you can see it every day. When you read this verse each day, put your own hand motions to it to help you remember it. What a great verse for us to remember as we are learning to use our words wisely. Let's pray and ask God to help us.

**Dear God,**

*Help us to be wise with our words. We want to be helpful and not hurtful with what we say to others. Watch over the door of our lips just like this verse says. Thank You for helping us show responsibility with what we say. Amen.*

DAY  
**4**

## **What Did You Say?**

God wants us to be responsible with our words. Ask an adult or a friend to play a little game with you. As they read the list of things below you will give a thumbs up if it's helpful or a thumbs down if it's hurtful. Let's show God that we care about everything that comes out of our mouth!

I don't like you. You look funny. I don't like your shoes.  
Wow! Great job! Your hair is weird. What are you looking at? Great job getting an A on your test!

**Remember to be wise with what you say.**

*Use your words wisely.*

PARENT CUE

# Use your words wisely.



Check out day two for the instructions.

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

WEEK  
**5**  
2ND-3RD



DAY 2

### Read Psalm 141:3

With a parent's permission, grab a small tube of toothpaste and a paper plate. Squeeze out some toothpaste onto the plate.

Okay, now see if you can get that toothpaste back into the tube.

That toothpaste is like the words we choose. Just like you can't push toothpaste back in a tube once it's on the toothbrush, you cannot take back harsh or unkind words. That's why it's important to be responsible and use your words wisely.

Spend some time thinking back over your day yesterday. Did you speak unkind words to someone else? If you did, go tell the person you hurt that you're sorry. Then pray and tell God you're sorry too. **Ask Him to help you guard the door of your lips so that you are careful with the words you choose.**

DAY 1

### Read Ephesians 4:29

Have you ever stacked up a set of Jenga® blocks or spent hours constructing a super cool LEGO® creation, only to have it knocked over or destroyed by someone walking by? It's super frustrating and time consuming to build back that tower or Lego masterpiece.

**Words work the same way.** You have the opportunity every day to choose words to that build others up or tear them down. If you want to have the kind of friends who use kind words, then you need to be the kind of friend who uses kind words too. Let's be encouraging, helpful and kind as we use our words wisely.

Grab a stack of Jenga blocks or Legos and some masking tape and a pen. Write out the words of today's verse in phrases and stick them on individual blocks. Then stack up the blocks to build the verse.



*Use your words wisely.*

DAY 3

### Read Proverbs 12:18

Have you ever gotten a paper cut on your finger? It's amazing how one little cut can hurt so bad! Have you ever thought about words like paper cuts? Words can hurt. An unkind word won't make you bleed or leave a physical scar but they can ruin our friendships. When we are thoughtless with our words, we end up hurting the people around us.

There is good news though. Kind words can do the opposite. Kind words heal. They soothe. They encourage. They help.

So the question is: what kind of friend do you want to be? The kind of friend who hurts or brings healing?

**As you pray today, ask God to help you choose your words wisely.** Think about those tiny paper cuts that cause so much pain and remember that every word you say has the power to hurt or heal.



DAY 4

### Read Proverbs 15:1

Have you ever been so frustrated about something that you yelled? Or said something really mean?

We've been talking all week about using your words wisely. But it can be really hard to do that when you're in the middle of a frustrating, or stressful situation. No matter what's going on around us, it's important to remember that the words we say make a difference.

Fill in the blanks from today's verse:

"A \_\_\_\_\_ turns anger away. But \_\_\_\_\_ stir up anger." Proverbs 15:1

Gentle answers calm things down. Mean words stir things up. So what kind of friend do you want to be? The kind that calms things down or stirs things up to make it worse?

**Ask your parent if you can help the next time someone is cooking in the kitchen.** If there's anything that requires stirring, think about this verse and how unkind words can stir things up and make them worse! Ask God to help you choose your words wisely so you can calm things down instead.



Journal

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



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Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

\_\_\_\_\_

SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

\_\_\_\_\_

2. You learned: \_\_\_\_\_

\_\_\_\_\_

3. You'd like to know: \_\_\_\_\_

\_\_\_\_\_

## Day 2

Read Ephesians 4:29

Often when you hear about using your words carefully, you think about telling the truth. 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.

Put another way, this is a great way to “test” your words before you say them:

Is it true?  
Is it helpful?  
Is it kind?

If you can't answer yes to all three, the words likely shouldn't be said. **Use your words wisely.**

## Day 3

**Getting control of your tongue is not easy—it's quite powerful!**

Eight muscles make up your tongue—the only muscles in the human body that work independently of the skeleton. No matter how much you swallow, eat or talk, you probably have never felt your tongue getting tired—it's a powerful force!

James, Jesus' brother, put it this way in James 3:8: “But no one can tame the tongue. It is an evil thing that never rests. It is full of deadly poison.” (NIV)

Thankfully, while no human can tame the tongue, there is One who can: God. Today, ask Him for help. Before you pray, think about the specific struggles you have with taming your tongue. Maybe you struggle with:

- Lying
- Meanness
- Sarcasm
- Complaining
- Gossiping
- Bad words
- Negativity
- Something else?

Circle the top 2-3 things you could use God's help with when it comes to taming your tongue. Then take a few minutes pray, using this outline:

- 1) Thanking God for your tongue and the gift of talking
- 2) Confessing ways you've unwisely used your words
- 3) Asking God's help to use your words wisely

## Day 4

**Go back and look at the things you circled yesterday—the areas where you struggle the most using your words wisely.**

Pick one to focus on today, and ask a friend or family member who will be around you a lot today to help you with accountability. So many times when we have bad habits of complaining or gossiping, we don't even notice we're doing it! Give your accountability partner free access to call you out whenever they hear you using your words unwisely. Pay attention to how much of the day you use your words wisely.

## Day 5

**Why do your words matter?**

Remember day 2, when we talked about putting your words to the test?

Is it true?  
Is it helpful?  
Is it kind?

That's because just like Paul reminds us in Ephesians 4:29, when you speak words that build others up, what you say will help them, not hurt them.

Ask your parent if you have three Band-Aids or pieces of tape you could use, and then grab a thin marker or pen. On each Band-Aid, write true, helpful and kind (one word per bandage). Then stick the Band-Aids somewhere you will see them often (your hand, your backpack, your notebook, your bathroom mirror) As you go throughout your day and see the Band-Aids, use it as a reminder to intentionally say something kind, truthful and helpful to the people around you.

Every time you say something true, helpful and kind, pay attention to how your words affect others. Maybe it encourages them on a bad day, or even heals the wounds that others have given them with unkind words. Notice how much your words matter, and **use your words wisely.**

