

First, watch  
this week's  
video!

**Make Waves:**  
What you  
do today  
can change  
the world  
around you

### Memory Verse

"God began a good work in you. And I am sure that he will carry it on until it is completed. That will be on the day Christ Jesus returns."  
Philippians 1:6, NIV

### Bible Story

Taming of  
the Tongue  
James 3:1-6

### Bottom Line

God gives you the power to have self-control.

Use this guide to help your family learn how God's Spirit can help us "make waves."

## Activity

### Tongue Twisters

#### What You Need:

No supplies needed.

#### What You Do:

Take turns reading the following tongue twisters. See who can say each tongue twister the most times in a row without making a mistake. (Younger kids may need help sounding out a few words before you start each round of the game.)

#### Tongue twisters:

- Black bug bit a big black bear.
- A big bug bit the little beetle, but the little beetle bit the big bug back.
- Friendly fleas and fireflies.
- Purple paper people.
- Giant giraffes juggle ginormous jelly beans.

Keep track of the winner of each round. Then, crown a tongue twister champion!

Say, "That was fun! We had to think carefully about what we were saying. And we also had to try REALLY hard not to laugh! Today, we heard why it's important for us to be careful with what we say."



## Talk About the Bible Story

Why do our words matter? (*Our words are powerful; they have the power to make others feel really good or really bad.*)

Why is it sometimes hard to control the words we say? (*We feel angry, hurt, embarrassed, or tired.*)

Can you think of a time when you didn't show self-control with your words or actions? (*Think about being angry at a sibling, being embarrassed after losing a game, or not getting your way.*)

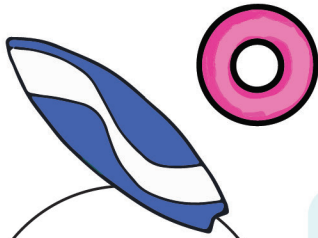
How can you show self-control the next time you're upset, angry, sad, or even just tired? (*I can ask God to help me stay in control of my words; I can take a deep breath and count to five before saying or doing something.*)

*Parent: Talk about a time when it was hard for you to stay in control—i.e. when you were angry, when others weren't kind to you, or when you were just having a bad day. How did you regain or keep your self-control?*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, please help us to show self-control with our words and actions. Help us to think about our words before we say them. We know that if we can be careful with what we say and do, we can show others that we love You—and that we love them, too. Thank You for giving us the power to show self-control! We love You. Amen."



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### Key Question

What can happen when you lose control?

Use this guide to help your family learn how God's Spirit can help us "make waves."

## Activity

### Facial Freeze

#### What You Need:

a mirror

#### What You Do:

Take turns reading each scenario below. Make a facial expression that would represent your feelings for the scenario—and freeze. (The more dramatic the facial expression, the better!)

Stare at your reflection until the other player counts to five. If you can complete the task without laughing, you earn a point. The person with the most points at the end of the game wins.

#### Scenarios:

- You are a fish.
- You are furious.
- You are ready to sneeze.
- You have a mouth full of marshmallows.
- You got caught doing something you shouldn't.
- Someone just splashed cold water on your face.
- You are a very loud opera singer.
- You stubbed your toe.
- You just won a million dollars!
- You just ate an entire lemon.

When you're finished, declare a winner.

Say, "It took a lot of self-control to make those poses and not burst out laughing! We know that self-control is much bigger than simply holding a pose in front of a mirror for a few seconds. But God's Spirit can help us stay in control of our words and actions."

## Talk About the Bible Story

What does it mean to have self-control? (*choosing to do what you SHOULD even when you don't want to; having the power to resist saying or doing what you WANT to say or do when those things could hurt others*)

What typically happens when one friend in a group loses self-control? (*Everyone loses self-control.*) *Have you seen that happen before?*

How can you and your friends help each other stay in control? Do you think you need help from each other?

*Parent: Share about a time when you lost your temper and later regretted your words or actions in that moment. What would you say to help someone else avoid the choices you made in that situation?*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we know that when we put our faith in Jesus, we have the Holy Spirit to help us live for You. Give us the power we need to control our words. Help us to say things that will build up and encourage others, instead of words that tear others down. We need Your help—not only with our words, but also with the choices we make and the things we do. Please help our words and actions start a wave of change that makes a difference for You. In Jesus' name, amen."