

Rules for Life: Play well. Finish strong.



First, watch
this week's
video!

Responsibility:
Showing you
can be trusted
with what
is expected
of you

Memory Verse

Suppose you can be trusted with something very little. Then you can also be trusted with something very large.

Luke 16:10a, NIRV

Bible Story

Use Words Wisely
Ephesians 4:29

Key Question

Why do your words matter?

Use this guide to help your family learn how God can help us be more responsible.

Activity

Build, Destroy, Repair

WHAT YOU NEED:

No supplies needed.

WHAT YOU DO:

Invite your child to play a game of “Build, Destroy, Repair.” Explain that you’re going to read them a scenario, and they need to decide if the words used in the scenario would build, destroy, or repair a relationship.

Tell them that once they decide what each scenario is (build, destroy, repair), they should make the appropriate signals:

- Build: two fists on top of each other
- Destroy: “explosion” gesture where both hands close, then open quickly, moving away from each other
- Repair: palms touching each other, fingers interlaced

Read the following scenarios:

- Eva told Gaby that she doesn’t like Julie, but she told Gaby not to tell anyone. Gaby immediately texted Julie that Eva doesn’t like her and is mad at her.
- Trinity thanked her grandma for making dinner.
- Asia apologized to her sister for borrowing her sweater without asking first . . . and Asia’s sister forgave her.
- Jayden and his brother were making s’mores. Jayden’s brother accidentally burned his marshmallow to a crisp, but Jayden told him it was a good first try.
- Rose told Casey that she would never be smart enough for the math club.
- Alena and Jamal gave a speech at their grandmother’s 70th birthday party. They told everyone their favorite story about her.

Say, “Our words do more than just float into the air. They really affect the people who hear them, and the people who say them. That’s why it’s important to use your words wisely.”

Talk About the Bible Story

Why do words matter so much?

Think about times at home, school, or other places when it’s hardest for you to watch your words. What sets you off? What can you do to respond the right way?

If you’re going to show God’s love to those around you, how do you need to speak differently? Think about your family, friends, teammates, teachers, coaches, etc.

“Sticks and stones may break my bones, but words can never hurt me.” Do you agree or disagree with that statement? Why?

Parent: Share a personal story about a time someone’s words hurt you. Then, tell a story about a time your words hurt someone else. Talk about ways you and your child can use your words wisely.

Prayer

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

“Dear God, we know how powerful words can be. We know what it feels like to be hurt by words, and we know how it feels when people say things that build us up. Please give us the courage and wisdom to watch what we say—especially when we’re upset or angry, or we feel like getting even. Please help us to choose words that will help others instead of hurting them. Amen.”