

# 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.”

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

## 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.**

Use your words wisely.

## 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.

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.

