



# SMALL GROUP GUIDE

## Words

The words I speak  
and think are important!

# Words

## Leader Guide

### Engage:

Place a bowl of ice cream in front of you (or something else you know the kids will love). Talk about how ice cream is sweet and is something that many people enjoy. Friendships can be really sweet too. Take out a container of salt. Tell the kids that when we speak unkind words, it hurts our relationships. (Pour salt on the ice cream). Just like this salt ruined the ice cream, the words we say can sometimes take something sweet and amazing and ruin it. We can't take back the words we say to others or about ourselves, but we can offer forgiveness or forgive those who maybe have said unkind things to us. The words we say to our friends and ourselves are powerful!

### Discuss:

**Have the kids open up their Bibles and read together**  
**Ephesians 4:29; Proverbs 11:9; Proverbs 15:1; James 1:19**

Share with the kids a time when someone said something hurtful to you. Maybe it happened when you were a kid and you still remember it to this day. Talk about how it made you feel and how it ended up affecting your relationship with that person. Ask the kids if they have ever had something like that happen to them. If time allows, have a couple of the kids share experiences they have had. Have the kids read over the verses listed above, then talk about the following questions.

- How do these verses in the Bible help show us why our words are important?
- How should we talk to our friends, our family and even ourselves?
- Why are our words important?
- What should we do if we mess up and say things we shouldn't?

### Response:

Spread out Scrabble® tiles with the letters visible. Encourage the kids to spend some time praying about a word that God has for them. When God gives them a word, have them spell it out with the tiles. After a few moments, have the kids gather together and ask if they would like to share their word with the group and explain what that word means to them. Once everyone who wants to share is done, allow time for the kids to pray over each other.

### Memorize:

**"May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer."  
(Psalm 19:14, NLT)**

Write each word of the verse on a paper plate. Lay the plates on the floor. Have all of the kids say the verse together. Give one of the kids a bean bag and have them toss it onto a plate. That is the word that will be removed. Have the kids say the verse again. Pass the bean bag to another kid to toss and get rid of a word. Continue this until all the plates are gone.

### Create:

Give the kids a piece of poster board, and have them write their names on it and decorate it. Set aside some time for the kids to walk around and write an encouraging word on the other kids' boards. Allow the kids to take their poster boards home as a fun reminder about lifting others up.

# Words

What was the Big Idea?

The \_\_\_\_\_ I \_\_\_\_\_  
and \_\_\_\_\_ are important!

This week, leave random notes of encouragement for your friends and family. If you want, you can put them in hidden places for them to find.

Memory Verse:

May the words of my mouth and the meditation of my heart  
be pleasing to you, O Lord, my rock and my redeemer.  
(Psalm 19:14, NLT)