

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

## DAY 1

### Read Ephesians 4:29

Sometimes, in spite of what we *want* to do, we really should stop and think before we speak. And most of the time, especially when we're angry or frustrated, we should say LESS than we want to say in the moment. It's better to calm down, take a deep breath, and think before we say something hurtful or unkind.

Words matter. The words you say have the power to hurt or heal. That's why Paul reminds us to use words that "build others up" instead of words that tear others down. You do have control over the words you say. With God's help, you can take responsibility for things you say and use your words wisely.

### Say Less

Have you heard the phrase, "If you can't say something nice, don't say anything at all?" This week, when you find yourself about to say something unkind, remember in the moment to pause and SAY LESS so that you don't say something out of anger. Write "SL" on your palm with a pen as a reminder today to say less in order to use your words wisely.

## DAY 2

### Read Matthew 12:35

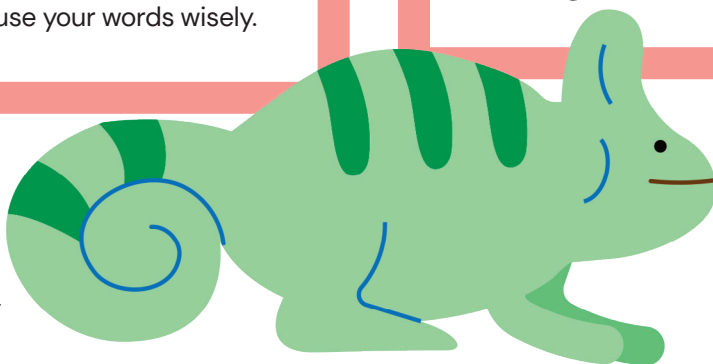
If you put a melty marshmallow and piece of chocolate between two graham crackers and push them together, what comes out?

.....

If something makes you REALLY mad, what comes out? When you're angry or hurt or frustrated, the words that come out of your mouth in that moment let you know what's going on in your heart and mind. Because under pressure, when life gets hard, what's on the inside will come right out.

One way to make sure our words are wise and helpful, is to fill our hearts and minds with GOOD things. If you surround yourself with friends who love and follow Jesus, you'll follow Him more closely too. The opposite is also true. If you spend your time with people who say unkind, hurtful, and disrespectful things, you might find yourself repeating what you've heard.

Ask God to help you fill your heart and mind with good things so you can be the kind of friend who helps others use their words wisely too.





DAY 3

## Read Proverbs 15:1

Have you studied tornadoes in school? A tornado, also known as a twister, is a violently rotating column of air that reaches from a storm cloud to the earth's surface.

Your words have power. Gentle words can bring calm to a situation, but like a swirling storm, mean or thoughtless words stir up anger, leaving a big mess behind. When it comes to the words we say, we should be careful to give gentle answers that bring calm instead of unkind, hurtful words that stir up anger.

---

### Wise Words Art

Grab a piece of paper and draw a line down the center. On the left side of the page, draw a calm, peaceful scene. It could be a quiet stream or flower-filled meadow. On the right side, draw a big storm or tornado. Write the first half of today's verse over your peaceful scene, and the second half over your swirling storm. Hang up your artwork where your family can see it. If someone ask about it, explain that part of responsibility is choosing to use your words wisely.

DAY 4

## Read Matthew 21:28-30

"What's more important? Saying you'll do something or actually doing it? Easy question, right? Everyone knows that actions speak louder than words. That's why it is so important to show you can be trusted by what you do—not just by what you SAY you'll do.

Responsibility means you do what's expected. You don't just talk about it. You don't even nod your head "yes" unless you can follow it up with the doing part. The person who always makes empty promises isn't the person you want to be friends with. So don't be that person. Be the one who takes responsibility to choose your words wisely so you can be trusted to do what you say you'll do.

---

### "Yes" Card

Find an index card and write the word "yes" on it. Today, whenever anyone asks you to do something, only pull out your "yes" card if you intend to do it. If you're reading this before bedtime, take the card with you tomorrow. Once you've shown your "yes" card, you are committing to follow through with that responsibility. So *only* pull out your "yes" card if you're planning for your actions to match your words.



Use your words wisely.