

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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Day 1

After watching, write one thing that:

The So & So Show

1. You liked:

.....

Watch and write down your thoughts!

2. You learned:

.....

You can find each week's episode at:
www.popmn.org/kidvid

3. You'd like to know:

.....

Day 2

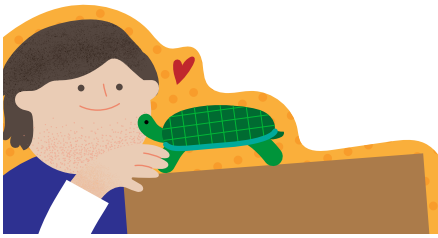
Read Ephesians 4:29

Often when you hear about using your words carefully, you think about telling the truth, or not saying bad words. But God calls us to something even more when it comes to the words we use.

Read Ephesians 4:29 and make a list of the things your words should do.

- 1.
- 2.
- 3.

If your words aren't encouraging and helpful, you're not using your words wisely, and someone might get hurt. The next time you speak to someone, ask yourself, is this helpful AND kind?



Answers: Build others up, meet others' needs, help those who hear them

Day 3

Use your words wisely.

Sounds awesome, right? It's easy to think about saying kind, encouraging things when you're not mad, or tired, or frustrated, or hurt. . . But when you are any of those things, it's a different story.

Take a few minutes to talk to God about why you sometimes struggle to use your words wisely. Start by sharing a time that you know you messed up and didn't speak kind and encouraging words to someone. Then ask God to help you ask that person for forgiveness (if you haven't already). Ask God to help you control your words and only say things that are helpful and encouraging. Then close your prayer by thanking God for giving you the wisdom you need to **use your words wisely**.

Day 4

Ask an adult to play a quick call and response challenge with you.

Ask the adult to read the following scenarios below. After they give you each situation, try to respond with encouraging, helpful words.

- Your teammate strikes out, losing the game for your team. As your teammate walks back into the dugout to grab their gear, you say. . .
- Your sister accidentally spills her drink on your gaming system. You're still not sure if it's going to be messed up, but immediately, you say. . .
- You made it into the school play, but your best friend did not. Your friend is upset, and you say. . .
- Your dad is late picking you up—again. You're frustrated, but you choose to say. . .

After you're done with the challenge, talk with each other about why that was hard—or easy. Discuss the question, **Why do your words matter?** And then come up with a plan on how you can be prepared to choose encouraging, positive words in the future.

Day 5

Have you ever been having a bad day, and then your friend told you a hilarious joke, or your mom said she loved you, and suddenly, things didn't seem so bad?

It's so cool how God has given us the power to change someone's day, just by using our words to be encouraging.

Unscramble the scrambled words in the list below to reveal things you can say or topics you can bring up to **use your words wisely** and encourage others when they are down or just need a good word. Then circle one or two things you can go and say right now—then go and **use your words wisely!**

- UOY OD _____ RAYELL LEWL
- OYU RAE TRSNOG
- LTLE A KOJE
- UYO EAR OS RMTAS
- I UDNNDSEATR
- OD YUO EMERBMRE NHEW EW _____? (funny memory!)
- OUY REA YFNUN
- I MA EERH ROF UOY
- WHO NAC I LPHE?

Answers: You do really well; You are strong; Tell a joke; You are so smart; I understand; Do you remember when we _____? (funny memory!); You are funny; I'm here for you; How can I help?