

Family Guide

When the church and family come together to invest in kids, we believe, kids are given the greatest opportunity to build a lasting relationship with Jesus. This guide is meant to help your family further explore the concepts of this week's online kids experience. Spend some intentional time with each other and complete the activities and discussions that are best for your family.



Circle Up



Today's Bible Story: Say What You Need to Say (Use Words Wisely) • Ephesians 4:29

Today's Bottom Line: Use your words wisely.

Supplies Needed: a paper plate or napkin and a small tube of toothpaste

DO: With a parent's permission, grab a small tube of toothpaste and a paper plate. Squeeze out some toothpaste onto the plate.

SAY: 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 God to help you guard the door of your lips so that you are careful with the words you choose.

Read the Bible



Supplies Needed: Bible or Bible App

DO: Read Ephesians 4:29 together. **BONUS:** Before you read Ephesians 4:29, watch this BibleProject video together that gives an overview of the Book of Ephesians. <https://bibleproject.com/explore/video/ephesians>

SAY:

- Who wrote the letter that we read part of today? (*Paul*)
 - What church did he write this letter to? (*the church in Ephesus*)
 - Wildcard! Say something encouraging about someone in your family.
 - Where was Paul when he wrote this letter? (*in prison*)
 - What was the point of the Bible truth that we read today? (*We should use our words wisely and to build each other up.*)
 - Say something encouraging about one of your classmates.
 - Who gives us the perfect example of using words of hope, truth, and love? (*Jesus*)
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Let's Practice

3

Supplies Needed: An activity you can do around the house where you can have a discussion while you play. Ex: playing with legos, play-dough, drawing, painting, coloring, etc.

DO: While you play, discuss this week's lesson. Ask the following questions.

SAY:

- What is something good that words can do?
- Why do you think encouraging or positive words are so powerful?
- What is something bad that words are able to do?
- Why are hurtful or negative words so powerful?
- How does Ephesians 4:29 describe the words that should not come out of our mouth?
- When do you find it most difficult to *not* say something you shouldn't? What can help you stop yourself before that happens? *(Remind kids that evil/unwholesome words are not just hateful or curse words. Lead them to consider how complaining, gossiping, and disrespect can be just as wrong.)*
- Fill in the missing word: _____ is showing you can be trusted with what is expected of you. *(responsibility)*
- In what ways does controlling what you say show responsibility?
- Finish this sentence. "Use your words _____." *(wisely)*
- What are some ways you can use your words wisely this week?

Memorize It

4

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)*

Supplies Needed: Bible or Bible App, piece of paper, crayons, sand paper squares (or something similar you have around the house that is rough), and cotton balls

DO: Read the memory verse from the Bible or Bible App, and write the memory verse on a piece of paper in crayon. Give your child a sandpaper square (or other rough item you might have around the house) and a cotton ball. Instruct your child to rub their sandpaper across one of the words of the paper and observe how it hurts the appearance of the word. Instruct them to rub their cotton ball across a different word and discuss how it does not affect the word.

SAY: Have you ever had someone say something to you that didn't feel so good? Me too. Our words can either be tough like sandpaper or gentle like this cotton ball. Here's the awesome news, God has entrusted you to *[Bottom Line]* use your words wisely, so you can inspire and love everyone around you. The more we choose to use our words in a gentle way that pleases God, the more room we give God to provide us with more opportunities to reach more people. What an awesome motivation to think before we speak!

Let's Pray

5

Supplies Needed: no supplies needed

PRAY: "Dear Jesus, thank You for the forgiveness You give us in the times we allow our words to be tough like sandpaper. Please help us use our words as an encouragement to everyone we talk with! Even when we meet times of challenge, frustration, or hurt, help us remember that we can make a choice not to hurt others with our words. May every person we come in contact with see a glimpse of You through the way we speak. Thank You for the example You give in the Bible to help change the world when you *[Bottom Line]* use your words wisely. In Jesus' name, amen."

Stay Together

6

YOU just made a difference in your child's life by spending intentional time together in God's word! Yay! Here are some ways you can stay connected to Mountain this week:

- Reach out to your Campus Kids Pastor with any questions.
- Remember to stay connected through social media, email, and website updates. Follow our "**Mountain Families Facebook Group.**"
- Remember to Subscribe to [Mountain's Youtube Channel](#) to view all of Mountain Kids Videos.