



MONTHLY ACTIVITIES

MONTHLY DEVOTIONAL

The Words We Choose Matter

Our words can help people feel loved, safe, and encouraged, or they can hurt and discourage them. Hence, let's use words that build up others.

Words have power and can affect how others feel long after they are spoken. God wants our words, especially at home, to build others up and reflect His love. Even simple, kind words can leave a lasting impact on family members.

With God's help, we can pause and choose words that bring kindness and peace, even when we are tired, frustrated, or upset. Speaking thoughtfully takes practice, but it shows our trust in God's guidance and care for those around us.

It is easier to speak kindly when things are going well and harder during stressful moments. When families practice kind speech consistently, homes become safer, more loving places where God's presence is felt in everyday words



REFLECTION QUESTIONS:

1. How do kind words change the feeling in our home?

2. When is it hardest for you to speak kindly?

3. How can we help each other choose better words?

4. What words make you feel safe or encouraged?



REFLECTION QUESTIONS:

Colossians 4:6, Proverbs 15:1, James 1:19, Psalm 19:14



PRAYER PROMPTS:

Pray together and ask God to help your family use words that are kind, helpful, and full of love. Thank Him for encouraging us through His Word and ask Him to help you pause before speaking when you feel upset, frustrated, or angry. Pray that your home would be a place where people feel safe, encouraged, forgiven, and cared for through the words you choose each day.



ACTIVITY IDEA

Make a “Words that Build” Family Tool Kit. Give each member a small piece of paper or index card, and ask everyone to write or draw one phrase that helps during hard moments:

Examples:

- *Let's try again*
- *I need a minute*
- *I'm sorry*
- *Thank you*
- *Can you help me?*
- *Let's take a deep breath*
- *Everyone makes mistakes*
- *It's ok to try again*
- *I'm still learning*
- *That hurt my feelings*
- *I forgive you*
- *I'm proud of you*

Place all the cards in a jar, envelope or small box. When emotions run high during the week, pause and choose a card before speaking.