

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

Why do your words matter?

Lined writing area for journaling.



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

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### Read Ephesians 4:29

Often when you hear about using your words carefully, you think about telling the truth. 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.

Put another way, this is a great way to “test” your words before you say them:

- Is it true?
- Is it helpful?
- Is it kind?

If you can’t answer yes to all three, the words likely shouldn’t be said. **Use your words wisely.**

## Day 3

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### Getting control of your tongue is not easy—it’s quite powerful!

Eight muscles make up your tongue—the only muscles in the human body that work independently of the skeleton. No matter how much you swallow, eat or talk, you probably have never felt your tongue getting tired—it’s a powerful force!

James, Jesus’ brother, put it this way in James 3:8: “But no one can tame the tongue. It is an evil thing that never rests. It is full of deadly poison.” (NIRV)

Thankfully, while no human can tame the tongue, there is One who can: God. Today, ask Him for help. Before you pray, think about the specific struggles you have with taming your tongue. Maybe you struggle with:

- Lying
- Meanness
- Sarcasm
- Complaining
- Gossiping
- Bad words
- Negativity
- Something else?

Circle the top 2-3 things you could use God’s help with when it comes to taming your tongue. Then take a few minutes pray, using this outline:

- 1) Thanking God for your tongue and the gift of talking
- 2) Confessing ways you’ve unwisely used your words
- 3) Asking God’s help to use your words wisely

## Day 4

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### Go back and look at the things you circled yesterday—the areas where you struggle the most using your words wisely.

Pick one to focus on today, and ask a friend or family member who will be around you a lot today to help you with accountability. So many times when we have bad habits of complaining or gossiping, we don’t even notice we’re doing it! Give your accountability partner free access to call you out whenever they hear you using your words unwisely. Pay attention to how much of the day you use your words wisely.

## Day 5

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### Why do your words matter?

Remember day 2, when we talked about putting your words to the test?

- Is it true?
- Is it helpful?
- Is it kind?

That’s because just like Paul reminds us in Ephesians 4:29, when you speak words that build others up, what you say will help them, not hurt them.

Ask your parent if you have three Band-Aids or pieces of tape you could use, and then grab a thin marker or pen. On each Band-Aid, write true, helpful and kind (one word per bandage). Then stick the Band-Aids somewhere you will see them often (your hand, your backpack, your notebook, your bathroom mirror) As you go throughout your day and see the Band-Aids, use it as a reminder to intentionally say something kind, truthful and helpful to the people around you.

Every time you say something true, helpful and kind, pay attention to how your words affect others. Maybe it encourages them on a bad day, or even heals the wounds that others have given them with unkind words. Notice how much your words matter, and **use your words wisely.**

