

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



DAY 2



Read Psalm 141:3

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

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 Him to help you guard the door of your lips so that you are careful with the words you choose.**



DAY 1



Read Ephesians 4:29

Have you ever stacked up a set of Jenga® blocks or spent hours constructing a super cool LEGO® creation, only to have it knocked over or destroyed by someone walking by? It's super frustrating and time consuming to build back that tower or Lego masterpiece.

Words work the same way. You have the opportunity every day to choose words to that build others up or tear them down. If you want to have the kind of friends who use kind words, then you need to be the kind of friend who uses kind words too. Let's be encouraging, helpful and kind as we use our words wisely.

Grab a stack of Jenga blocks or Legos and some masking tape and a pen. Write out the words of today's verse in phrases and stick them on individual blocks. Then stack up the blocks to build the verse.



Use your words wisely.

DAY 3

Read Proverbs 12:18

Have you ever gotten a paper cut on your finger? It's amazing how one little cut can hurt so bad! Have you ever thought about words like paper cuts? Words can hurt. An unkind word won't make you bleed or leave a physical scar but they can ruin our friendships. When we are thoughtless with our words, we end up hurting the people around us.

There is good news though. Kind words can do the opposite. Kind words heal. They soothe. They encourage. They help.

So the question is: what kind of friend do you want to be? The kind of friend who hurts or brings healing?

As you pray today, ask God to help you choose your words wisely. Think about those tiny paper cuts that cause so much pain and remember that every word you say has the power to hurt or heal.



DAY 4

Read Proverbs 15:1

Have you ever been so frustrated about something that you yelled? Or said something really mean?

We've been talking all week about using your words wisely. But it can be really hard to do that when you're in the middle of a frustrating, or stressful situation. No matter what's going on around us, it's important to remember that the words we say make a difference.

Fill in the blanks from today's verse:

"A _____ turns anger away.
But _____ stir up anger."
Proverbs 15:1

Gentle answers calm things down. Mean words stir things up. So what kind of friend do you want to be? The kind that calms things down or stirs things up to make it worse?

Ask your parent if you can help the next time someone is cooking in the kitchen. If there's anything that requires stirring, think about this verse and how unkind words can stir things up and make them worse! Ask God to help you choose your words wisely so you can calm things down instead.

