

Rules for Life: Play well. Finish strong.



First, watch
this week's
video!

Responsibility:
Showing you
can be trusted
with what
is expected
of you

Memory Verse

Suppose you can
be trusted with
something very
little. Then you can
also be trusted
with something
very large.
Luke 16:10a, NIV

Bible Story

Use Words Wisely
Ephesians 4:29

Bottom Line

Use your
words wisely.

Use this guide to help your family learn how
God can help us be more responsible.

Activity

Build, Destroy, Repair

WHAT YOU NEED:

No supplies needed.

WHAT YOU DO:

Invite your child to play a game of “Build, Destroy, Repair.” Explain that you’re going to read them a scenario, and they need to decide if the words in the scenario would build, destroy, or repair a relationship.

For younger kids, first you may want to talk about what the words “Build, Destroy, Repair” mean. For example:

- “Some words can build us up. What’s something someone might say to you that would make you feel really good?” (“I love you,” “You’re a good friend,” “You’re funny,” “Thank you,” etc.)
- “Some words can destroy. They can really hurt—like if we say something mean, or talk back to an adult, or use words that we know aren’t appropriate.”
- “Some words can repair. They can help fix a broken relationship when we’ve hurt someone. Those are words like “I’m sorry,” “How can I help?” or “Will you forgive me?”

When you’re ready, read the following scenarios:

- Trinity thanked her grandma for making dinner.
- Asia apologized to her sister for borrowing her sweater without asking first . . . and Asia’s sister forgave her.
- Jayden and his brother were making s’mores. Jayden’s brother accidentally burned his marshmallow to a crisp, but Jayden told him it was a good first try.
- Mariah and Logan stuck encouraging sticky notes to their teacher’s door during lunch.
- Jared called Riley a baby for still sleeping with a night-light on.
- Alena and Jamal gave a speech at their grandmother’s 70th birthday party. They told everyone their favorite story about her.



Talk About the Bible Story

Why do words matter so much?

How does it feel when you know
you used your words the wrong
way?

How does it feel when you’ve used
words to build someone up?

*Parent: Share a personal story
about a time someone’s words
hurt you. Then, tell a story about
a time your words hurt someone
else. Talk about ways you and your
child can use your words wisely.*

Prayer

Use this prayer as a guide, either
after talking about the Bible story
or sometime before bed tonight:

“Dear God, we know how powerful
words can be. We know what it
feels like to be hurt by words, and
we know how it feels when people
say things that build us up. Please
give us the courage and wisdom
to watch what we say—especially
when we’re upset or angry, or we
feel like getting even. Please help
us to choose words that will help
others instead of hurting them. Amen.”