



JANUARY THEME

**OPERATING
SYSTEM**

Update the Way You React

BIBLE STORY

Proverbs 12:18

What Would You Say? | Choose Your Words Carefully

BOTTOM LINE

Choose your words carefully

MEMORY VERSE

“God’s power has given us everything we need to lead a godly life.”

2 Peter 1:3a, NIV

LIFE APP

Self-Control | Choosing to do what you should even when you don’t want to

BASIC TRUTH

I need to make the wise choice...and with God’s help I can!

FOR LEADERS ONLY

GOD VIEW: the connection between **SELF-CONTROL** and God’s character, as shown through God’s big story.

THIS WEEK—Key Question: Why are your words so important? We don’t always do a good job of thinking before we speak. We hope that families will get the chance to see that their words have power to hurt or help. God can help them make the wise choice with their words even when they might be upset.

In week three, we discover more about self-control in **Proverbs 12:18**. Solomon talks about the power of our words. We want families to learn that when they choose the right words in a difficult situation they can actually bring healing to the situation rather than destruction.

Bottom Line: Choose your words carefully. We want families to think about the words they use throughout different situations, because our words can help point others to Jesus.

SOCIAL: PROVIDING TIME FOR FUN INTERACTION

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today’s story.

Before kids arrive, **PRAY** for each group member by name. Ask God to help kids understand the consequences of not choosing their words carefully. Pray that they would have hearts that seek to build up relationships with others, not tear them down. Ask God to provide opportunities for kids to choose their words carefully and to give them the self-control to act on what they learn today.

•• EARLY ARRIVER IDEA

Made to Move | *An activity that increases the oxygen in the brain and taps into the energy in the body*

What You Need: No supplies needed

What You Do:

- Challenge kids to hold their tongues with their fingers while...
 - Saying some tongue twisters...
 - She sells seashells by the seashore.
 - Peter Piper picked a peck of pickled peppers.
 - How much wood would a woodchuck chuck if a woodchuck could chuck wood?
 - Answering questions of your choice.
 - Telling jokes.
 - Singing songs.



●● **SWORD IS THE WORD**

Made to Create | An activity that explores spiritual ideas through the process of drawing, building, and designing

What You Need: “Sword” coloring pages, crayons

What You Do:

- Hand out sword coloring pages and crayons.
- Give kids time to color. Engage them in conversation about what their picture shows.
—Do they recognize the character in their picture?
—What do they know about the character?

What You Say: “That was fun! Can anybody tell me what all of our pictures have in common? That’s right! All of the characters have a sword. [Transition] Today in Sunday CM worship/WOW family worship, we’ll learn/we learned how words can be like swords.”

[Sunday Leaders: Lead your group to the Family Room for Children’s Ministry worship. Wednesday Leaders: Continue with the study.]

GROUPS: CREATING A SAFE PLACE TO CONNECT

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

●● **TOSSING WORDS AROUND** [Talk about God | Bible Story Review | Application Activity]

Made to Move | An activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: “Sentences” activity cards

What You Do:

- Lay out the “Sentences” activity cards face down on your small group table. Explain that all of the cards have sentences on them. Some are kind, and some are not so kind.
- Choose somebody to pick a card and read it to the group (*help as necessary*).
- If it is a kind sentence, guide your group to give a big round of applause.
- If it is an unkind sentence, tell the person who picked it to crumple the paper into a ball and throw it (*literally, throw it!*) into a garbage can.
- Repeat the process until all sentences have been read.

What You Say: “There are SO many things we say to other people each day. Almost all of them are kind, or at least they’re not mean. But sometimes we can get angry or upset, and we want to say not-so-nice things. When that happens, do you remember some things we talked about last week that we could do to help us not lose our temper? (*Stop and think. Count to ten. S-L-O-W down.*) Yes! We can use our self-control and stop before we say something mean. We ALWAYS have the choice to keep from saying things that will hurt others or make them sad. This week, when you get angry or upset, remember to **[Bottom Line] choose your words carefully.**”

●● **KINDNESS CARDS** [Live for God | Application Activity]

Made to Create | An activity that explores spiritual ideas through the process of drawing, building, and designing

What You Need: Copy paper, crayons



What You Do:

- Give each child a piece of copy paper and set out crayons where everybody can share them.
- Tell kids they're going to make a kindness card for someone today.
- Challenge them to think of someone they haven't always said kind things to in the past. It could be a sibling, a parent, or a friend. (*If they can't think of someone, that's okay. They can still make a card to give to someone in the future.*)
- Guide them to make a card for that person that says something kind. Help with writing as needed.
- Encourage kids to decorate the card in a way they think that person would enjoy.

What You Say: "Those are some great kindness cards! I want you to take that card home with you and give it to the person you made it for. I think you just might make their day! When we don't choose our words carefully and we say something unkind, it can hurt others. We don't want to do that. But when we do—and we all do sometimes—it can help our relationship with that person when we apologize and when we say kind things to them and do kind things for them. But the important thing to remember is to just say kind things in the first place! **[Bottom Line] Choose your words carefully.**"

•• **CHOOSE YOUR WORDS** [Hear from God | Memory Verse Activity]

Made to Play | An activity that encourages learning through following guidelines and working as a group

What You Need: Bible, "Verse Words" activity cards

What You Do:

- Look up this month's memory verse, found in 2 Peter 1:3a, together. Read it aloud a couple times.
- Shuffle the deck of "Verse Words" activity cards and lay them face up on your small group table.
- Tell kids that it's their job to find all the words in the memory verse and put them in order.
- However, there is a catch! There are EXTRA words in the deck that aren't in the verse.
- If they find one of those words, they should set it aside.

What You Say: "Great job choosing the words in our verse! Let's say the verse together again. (*Say the verse.*) Great job! We know that God's power gives us what we need. God's power gives us the ability to choose the words we say and to choose the RIGHT words. When we need help to not say something mean or unkind, we can pray and ask God to help us use God's power to have self-control and choose kind words. **[Bottom Line] Choose your words carefully.**"

PRAY AND SEND [Pray to God | Prayer Activity]

Made to Reflect | An activity that creates space for personal understanding and application

What You Need: "Kindness Cards" from earlier activity, GodTime cards

What You Do:

- Hand out the kids' cards from the "Kindness Cards" activity. NOTE: If you didn't do the "Kindness Cards" activity, ask kids to think of somebody they have said something unkind to in the past.
- Give kids 15-30 seconds to silently pray for the person they're giving the card to (*or the person they have just thought about*).
- Give them some suggestions for what they might pray: that the person would feel God's love; that they would know you care about them; that they would have a good week; etc.
- Close with the prayer below...

