



JANUARY THEME



BIBLE STORY

Ephesians 4:29

Say What You Need to Say | Use Words Wisely

BOTTOM LINE

Use your words wisely

MEMORY VERSE

“Whoever can be trusted with very little can also be trusted with much.”

Luke 16:10a (NIV)

LIFE APP

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

BASIC TRUTH

I need to make the wise choice...and with Jesus' help, I can!

•• THEME OVERVIEW

Key Question: Why do your words matter? Our actions have a huge impact on our relationships, including the words we use. We hope that we will start to think about the importance of words and how we can use them to help others.

We finish the month with something Paul wrote in **Ephesians 4:29**. Paul writes, “Don’t let any evil talk come out of your mouths. Say only what will help to build others up and meet their needs,” (NirV). Our words have power to help or hurt others. When it comes to our rules for life, what we say and how we speak matters.

Bottom Line: Use your words wisely. Words are important, but we tend to use them without thinking. We hope that as we hear more about what Paul wrote in Ephesians, we’ll understand that how we use our words can show God’s love to others.

•• WOW @home

What You Do: Watch this week’s WOW @home in the comfort of your family’s @home prayer + worship spot. The video can be found on popmn.org/youtube or facebook.com/popchildrens. Then use this Family Guide, GodTime & ParentCue cards, and FAITH5 daily devos as personal devotionals and to keep the conversation going...

•• MARSHMALLOW TOWERS [Talk about God | Bible Story Review]

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

What You Need: Bible, mini marshmallows, toothpicks, timer, and a coin

What You Do:

- Read Ephesians 4:29.
- Set out several toothpicks and enough mini marshmallows to build a tall structure.
- Explain that your family will build a tower as fast and as high as they can in 30 seconds using the marshmallows and toothpicks.
- Set the timer for 30 seconds and let your family build.
- When the timer stops, instruct a family member to flip the coin.
- If the coin lands on heads, help your family build the tower for the next 30 seconds
- If the coin lands on tails, your family must take down five sticks and/or marshmallows then answer a review question.
- Continue to play as time and interest allow.

Review questions:

1. Who wrote the letter that we read part of today? (*Paul*)
2. What church did he write this letter to? (*the church in Ephesus*)

CONTINUED ON BACK

3. Say something encouraging about someone in our family.
4. Where was Paul when he wrote this letter? (*in prison*)
5. What was the point of the Bible truth that we read today? (*We should use our words wisely and to build each other up.*)
6. Say something encouraging about someone else in our family.
7. Who gives us the perfect example of using words of hope, truth, and love? (*Jesus*)

What You Say: “Now that was a pretty impressive marshmallow tower! How did you feel when some of your tower had to be taken down? (*Allow time for responses.*) Yeah, I bet. But let me ask you this. How did you feel when you got an extra boost to make your tower even taller? (*Allow time for responses.*) Those are some great thoughts.

“Our words can either help build others up, like we built our tower, or tear a person down like when we tore our tower down. Has someone ever made you feel awesome with their words about you? (*Allow time to share stories.*) It’s both awesome and a BIG responsibility to have the power to build people up with our words. This week, make the choice to **[Bottom Line] use your words wisely**, and lift the world around you to epic heights!”

●● **KIND WORDS** [Live for God | Application Activity]

Made to Explore | An activity that extends learning through hands-on experimentation and discovery

What You Need: 2 paper or plastic cups, string, and scissors

What You Do:

- Poke a small hole in the bottom of each cup.
- Thread the string through the bottom of the first cup.
- Tie a knot inside the cup so the string stays in place and so the longest amount of string is running out from the bottom of the cup and the knot is inside the cup.
- Repeat this process with the other end of the string and the other cup.
- When you pull the cups away from each other, keeping the string taut, you should be able to communicate by speaking into one cup while someone else holds the other cup to their ear.
- Instruct your family to take turns giving each other compliments or saying other kind words through your new phone.
- As you play, ask: What is the coolest thing someone has ever said about you?

What You Say: “Paul wanted to remind the Ephesians what God had done for them and how it should change the way they treated others—especially when it came to their words! He wanted to remind them that since God has been kind to them, they should be kind to others. Paul said, “Say only what will help to build others up and meet their needs. Then what you say will help those who listen” (*Ephesians 4:29, NIV*).

“One way to live out the Greatest Command to love God and love others is to be responsible and use words that will build up and help the people around us. Because when our words are kind and helpful, they’re like a warm mug of hot cocoa on a cold day. So this week, let’s remember to **[Bottom Line] use your words wisely.**”

●● **FILL IN THE BLANKS** [Hear from God | Memory Verse Activity]

Made to Explore | An activity that extends learning through hands-on experimentation and discovery

What You Need: Paper, pen/marker/crayon

What You Do:

- Instruct family members to think of two words that are plural nouns. (*A noun is a word that names a person, place, or thing. For example: houses, tacos, penguins*) Don’t tell anybody what two words you have chosen.
- Write down this month’s Memory Verse as follows: Whoever can be trusted with _____ can also be trusted with _____.

- Take turns reading/reciting the Memory Verse but fill in the blanks with the two secret nouns you chose earlier.
- Take a vote to determine whose words made for the silliest sentence.
- Now, takes turns reading/reciting the Memory Verse again, but this time fill in the blanks with the correct words: very little and much.

What You Say: “Our Memory Verse tells us that when we can be trusted with something little, then we can also be trusted with something large. One small way that we can show responsibility is by using our words wisely. What are some words that are wise to use? (*Thank you, I love you, please, great job, are you okay*) Great ideas! Every day we can choose the words we say. God wants us to choose words that will build up and help the people around us. So remember to **[Bottom Line] use your words wisely.**”

•• **PRAY** [Pray to God | Prayer Activity]

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

What You Need: No supplies needed

What You Do:

- Ask everybody to think of one kind word or phrase that they can say to build up or help somebody. Tell your family that, during the prayer, you will pause about half way through. When you pause, they should take turns saying the word or phrase they chose out loud.

What You Say: “Paul wanted to remind the Ephesians what God had done for them, and how it should change the way they treated each other—especially when it came to their words! Our words have a lot of power, and we have the responsibility to choose words that build up and help the people around us. So let’s ask God to help us use our words wisely.

“Let’s pray. Dear God, thank you so much that all of your words are trustworthy and true. Help us show others what you’re like by saying words that build up and help the people around us. Help us say words like (*pause and let family members share their examples of kind words and phrases*). And when we make mistakes with our words, please help us be quick to say, ‘I’m sorry.’ Thank you for loving us so much, God. We love you, too. Amen.”

•• **ADDITIONAL RESOURCES**

Looking for a devo for your kids? Looking for a personal devotional? Want to keep the conversation going? Check out the following resources at popmn.org/cm. Use them this week to continue the conversation around our **[Bottom Line]: Use your words wisely.**

GodTime Card | A 4-day devotional for elementary-aged kids based on the weekly theme kicked off on WOW @home

ParentCue | A tool for parents based on the weekly theme. Also available as an app, it sends alerts and encouragement specific to the age of your children (parentcue.org)

FAITH5 | A 6-day family devotional based on Faith Inkubators’ FAITH5

•• **WHAT’S NEXT**

Set a reminder to join us for WOW @home on Wednesday 02/03 at 6:00 pm live at [facebook.com/popchildrens](https://www.facebook.com/popchildrens) or anytime after that at popmn.org/youtube for a time of worship centered around the **[Bottom Line]: Be kind to others because God is kind to you.**”