

City SG – January 19-20, 2019

Bible Story: What Would You Say? (Choose Your Words Carefully) • *Proverbs 12:18*

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 (NirV)

1. Just for Fun

What You Need: “Tongue Twisters” Activity Page (10 per group)

What You Do:

- Place the Activity Pages in the middle of the circle.
- Challenge kids to say the tongue twisters to each other.
- See who can say different ones the fastest.

2. Not So Yummy

What You Need: “All Mixed Up” Activity Page (1 per group, per service), pen

What You Do:

- Without letting kids see the Activity Page, ask them to raise their hand and tell you a type of food.
- Tell them it can be any random food they can think of, or they can each list their favorite food.
- As you call on each kid, write the food suggestions in the blanks in the story, until all the blanks are filled.
- When you have all the blanks filled in, read the story they helped write!

What You Say:

“You guys, that story was SUPER silly! It made no sense. We put a bunch of random words in the story because we didn’t know what it was about. If you had known what exactly I was doing, you might have chosen different words. The words we use have a lot of meaning. We choose certain words instead of others based on what we are trying to say or how we are trying to make someone feel. What we say matters. **[Bottom Line] Choose your words carefully**, so you’re building others up instead of tearing them down.”

3. Tossing Words Around

What You Need: Crumpled “Sentences” Activity Pages (1 per group, per service), tablecloth (one per group)

What You Do:

- Lay out the tablecloth on the floor, and guide kids to stand around it so they’re spread out evenly.
- Tell kids to grab the edge of the tablecloth and hold it at waist height.
- Hold up a crumpled paper and explain that all of the paper balls have sentences on them. Some are kind, and some are not so kind.

- Toss the crumpled paper balls onto the tablecloth.
- Instruct kids to lightly shake the tablecloth so the balls bounce around.
- Then tell them to shake it a little harder and see if they can get one of the balls to bounce off the tablecloth and onto the floor.
- When a ball hits the floor, tell kids to stop shaking the tablecloth and sit down where they are.
- Open the paper ball and read the sentence.
- Ask kids if you just read a kind thing to say or a not kind thing to say.
- If it's unkind, toss it into the trash. If it's kind, you can either smooth it out and place it into a pile, or you can give it to a child.
- 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. Tell the angry monster inside us to calm 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.**”

4. Kindness Cards

What You Need: Cardstock (1/2 sheet per kid), markers, stickers (1 bag per group)

What You Do:

- Set out the markers and crayons and give each child a piece of cardstock.
- 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.
- **[Make It Personal] Do this activity with the kids. If appropriate, tell them who you said something unkind to, and let them see what you say in your card to that person. (NOTE: You don't actually have to give this specific homemade card to the person, but we hope you will give them another card or follow up with them in some other way!)**

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.**”

5. Pray and Dismiss

What You Need: No supplies needed

What You Do:

- Ask kids if they know what a prompt is. Tell them that a prompt is something that gets you started.
- Then give them the following prompts and tell them to pray individually using these words first and then saying whatever they want to God in their minds:
 - “God, thank You for . . .”
 - “God, forgive me for . . .”
 - “God, please . . .”
 - “God, You are amazing because . . .”
- Close by saying the prayer below aloud.

What You Say:

“God, we know You hear our prayers, and we thank You for that. You have told us that our words are important because our words show others what is in our heart. Please help us to choose our words carefully so that we can show each other love and caring with the words we use. We pray that You would remind us of this throughout the week. Amen.”

**BEFORE DISMISSAL: AT “COMMUNION CALL”
HAND OUT “GOD TIME” CARDS TO EACH CHILD AND ALLOW THEM TIME TO BEGIN
WORKING ON THE WEEKLY ACTIVITY**

IF CHILDREN BRING THEM BACK THE FOLLOWING WEEK, THEY RECEIVE A PRIZE!