



WEEK THREE – JANUARY 2019 – PRETEEN

Bible Story: *What Would You Say? • Proverbs 12:18*

Key Question: *Why are your words so important?*

Memory Verse: *“God’s power has given us everything we need to lead a godly life.” 2 Peter 1:3a*

Life App: *Self Control – Choosing to do what you should even when you don’t want to*

Basic Truth: *I can trust God no matter what.*

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

8:50–9:00 | 10:20–10:30 | 11:50–12:00 – EARLY ARRIVERS ACTIVITIES

1. Just for Fun

Connect: an activity that invites kids to share with others and build on their understanding

What You Need: Timer on phone, paper, pencils, bag

What You Do:

- Write questions on pieces of paper and place the slips of paper in a bag. Provide at least one question for each kid in your group. Questions could include:
 - What’s your favorite dessert?
 - What did you do last summer?
 - What is your favorite activity?
 - What is your favorite animal?
 - What would you do with \$10,000?
 - What did you do last week?
 - Would you rather be in the mountains or on a beach?
 - Optional: Allow kids to create the questions for the activity.
- Lead kids to take turns selecting a question from the bag and challenge them to talk about the topic they pull out for 30–60 seconds without saying “um,” “ah,” “like,” “you know,” etc.
- Play several rounds.
- The winner is the kid who can talk the longest on their topic. If there is a tie, the group can pick a topic for a showdown.
- Encourage the group to listen carefully for any “ums” or “ahs” or “you know.”
- Ask: What was important to remember as they you this activity? (to talk slowly and select your words carefully)

Lead your group to the Large Group area.

9:10–9:45 | 10:40–11:15 | 12:10–12:45 – LARGE GROUP

OVERVIEW:

Bottom Line: *Why are your words so important? Preteens are at the phase when they’re not always thinking before they speak. We hope that they 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.*

9:45–10:05 | 11:15–11:35 | 12:45–1:05 SMALL GROUP

1. Take a Snapshot

[Application Activity]

Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: Paper, red and green markers

What You Do:

- Ask: When do we use words? (talk, text, social media, letters—this is an opportunity to discuss how “words” include not just the words we speak but the words we type or write)
- Provide a stack of paper and red and green markers for kids to use.
- Ask kids to create a speech bubble using the green markers with an example of healing words. For example: Good job! You are really creative! Thank you! I am sorry!
- Ask kids to create a speech bubble using the red markers with an example of thoughtless or cutting words. For example: You’re bothering me! You can’t do it! Why would you wear that?
- Group the healing speech bubbles together; group the cutting/thoughtless speech bubbles together.
- Discuss the examples:
 - Can you change healing words to cutting words by the way you say them? (If necessary, prompt kids by using one of the examples and saying it with a sarcastic tone or with an eye-roll. This is an opportunity to talk about how our tone and body language are important as what we choose to say.)
 - How do you feel when someone speaks to you with healing words? How about thoughtless or cutting words?

2. Bible Story Extension

[Application Activity]

Create: an activity that explores spiritual ideas through the process of drawing, building, and designing

What You Need: Speech bubbles from the Take a Snapshot Activity, sticky notes, pencils/markers, paper

What You Do:

- Review the words in the speech bubbles from the Take a Snapshot Activity.
- Using sticky notes, encourage kids to write the types of words that bring healing and stick them on the “healing” speech bubbles.
- Encourage kids to write the types of words that cut like a sword and stick them on the “cutting/thoughtless” speech bubbles.
- Examples could include:
 - Healing: praise, encouraging, nice, kind, true/fact, necessary
 - Cut like a sword: thoughtless, mean, hurtful, lies, embarrassing, negative, overcritical
- Challenge kids to create an acronym to help them choose words their words carefully. To help them, ask them to start with the sentence, “Before I speak, I should ask myself are my
- words . . .” An example:
 - THINK (Is it true? Is it helpful? Is it inspired by God or would God want me to say it? Is it necessary to say? Is it kind?)
 - FLAP (Is it a fact? Is it loving? Is it affirming? Is it praising?)
- Challenge kids to use their acronym to help them to choose their words carefully.

3. Discussion Questions

[Application Activity]

Connect: an activity that invites kids to share with others and build on their understanding

What You Need: N/A

What You Do:

- Ask:
 - What are the consequences of forgetting to choose your words wisely?
 - What effect do thoughtless words have on relationships? What about healing words?
 - Just because something is true, does it mean it is okay to say it? Why or why not?
 - How do you determine if something is necessary to say?

4. Make It Personal With Prayer

[Prayer Activity]

Reflect: an activity that creates space for personal understanding and application

What You Need: Paper, scissors, tape, Bibles, speech bubbles from the Take a Snapshot Activity

What You Do:

- Read Proverbs 12:18.
- Give kids paper and scissors and instruct kids to cut out large hearts.
- Ask:
 - What does Proverbs 12:18 say about thoughtless words?
 - What is an example of a thoughtless word? (Refer to the speech bubbles from the “Take a Snapshot” activity.)
- For each example given, instruct kids to cut out a piece from their paper hearts.
- Once kids have several pieces, instruct them to tape their paper hearts back together.
- When the heart puzzles have been pieced together, ask:
 - Does your paper heart look the same as before you cut it?
 - How do thoughtless or cutting words affect you? How can thoughtless words affect your relationships?
 - What about healing words? What effect do healing words have on you? On your relationships?
- Pair kids up and ask them to pray with each other.
- Encourage them to use the acronym they created in the “Bible Story Extension” activity as a guideline for their prayer.