

Black Belt EXCELLENCE



August Theme: **Encouragement**



“A gossip goes around telling secrets, but those who are trustworthy can keep a confidence.”

Proverbs 11:13 (NLT)

What Is Gossip?

Have you ever heard someone say, “Don’t tell anyone...” and then tell you something about another person?

That is often how gossip starts...

Sometimes people gossip because they want attention. Sometimes they think it’s funny. Sometimes they don’t even realize they’re hurting someone. But every time we repeat something that isn’t ours to share, we can hurt another person’s feelings and damage friendships.

Our words are powerful. They can build someone up or tear someone down.

As a Black Belt, you are learning more than punches and kicks. You are learning self-control, respect, honesty, and leadership.

Great leaders know when to speak—and when to stay quiet.

A Bible Story About Gossip

One day Moses’ brother Aaron and sister Miriam began talking badly about him behind his back. They questioned whether God should only speak through Moses and complained about him to others instead of talking to him.

God heard everything they said.

God called Moses, Aaron, and Miriam together and reminded them that He had chosen Moses for a special job. God was not pleased that they had spoken against him.

As a consequence, Miriam became very sick with leprosy. Aaron realized they had sinned and asked Moses to pray for her. Moses forgave his sister and prayed to God. God healed Miriam after she spent seven days outside the camp.

This story reminds us that our words matter to God. Gossip hurts people, but forgiveness brings healing.

Read Numbers 12 to learn the whole story.

Real strength isn’t always shown by being the toughest person in the room. Sometimes real strength is shown by using kind words and protecting someone else’s reputation.

That is what leaders do.

That is what Black Belts do.

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

First Name _____

Last Name _____

Date: _____

Parent Signature _____

Date Signed by Instructor _____

6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the

Due by Aug 24-25

How Can Kids Stop Gossip?

Imagine someone at school says,
“Did you hear what happened to Jake?”
You have three choices.
You can spread the story.
You can make the story bigger.
Or you can say,
“Maybe we shouldn’t talk about someone who
isn’t here.”
The third choice takes courage.

Remember

Before you speak, ask yourself:
Is it true?
Is it kind?
Is it helpful?
Would I say it if that person were standing beside me?
If the answer is **no**, don’t say it.
God wants our mouths to encourage others
instead of hurting them.

Answer the following questions

1. What Bible story did you read about this month? _____
2. Who spoke against Moses? _____
3. What happened because of Miriam’s gossip? _____
4. Name one way you can stop gossip at school. _____

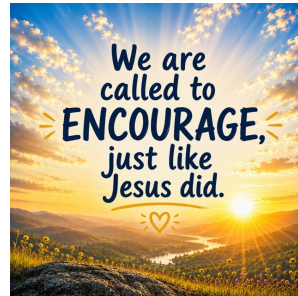
Fill in the Blanks

“A _____ goes around telling _____, but those who are trustworthy can keep a _____.”

Proverbs __ : __

True or False

- _____ Gossip can hurt friendships.
- _____ God cares about the words we use.
- _____ It is okay to spread rumors if everyone else is doing it.
- _____ A Black Belt should encourage others.
- _____ Saying kind words can make someone’s day better.
- _____ It’s better to ask someone directly than believe a rumor.



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Never gossip. Gossip is normally based on lies and someone wanting to feel better about themselves, by hurting someone else.