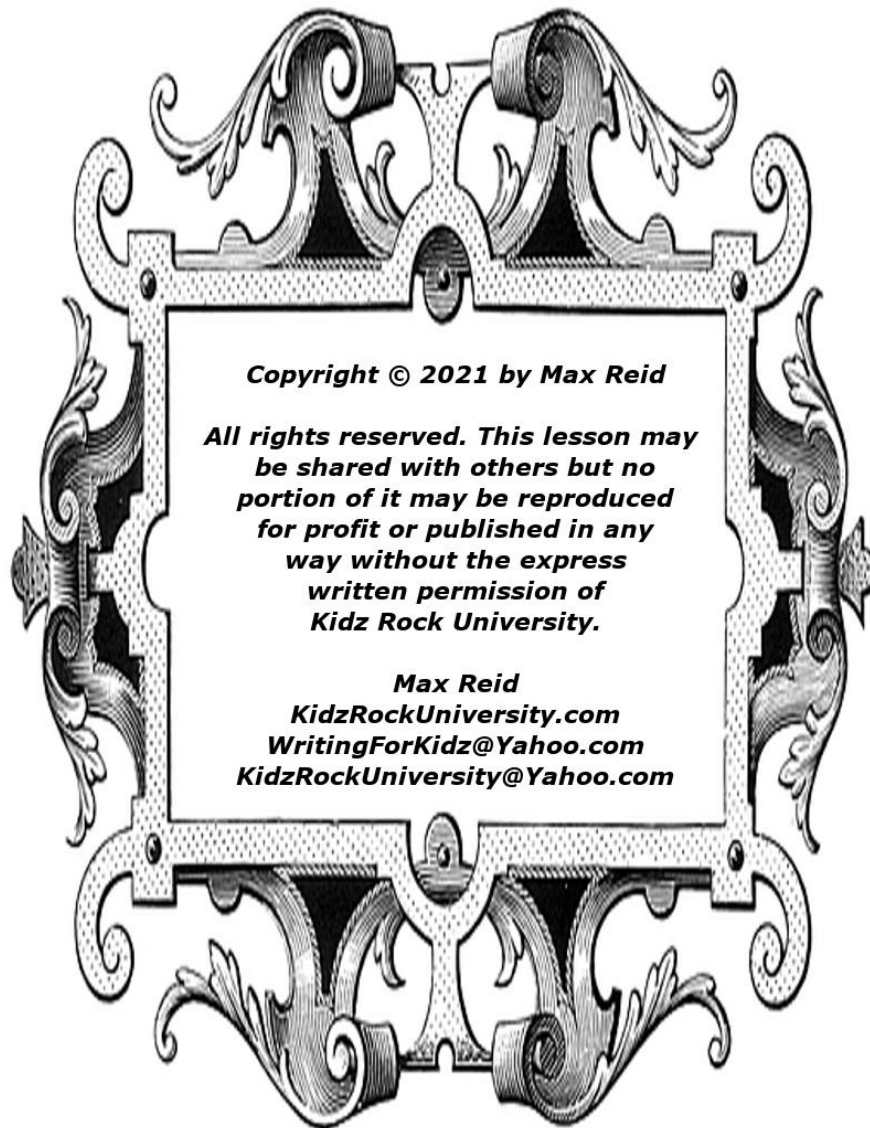
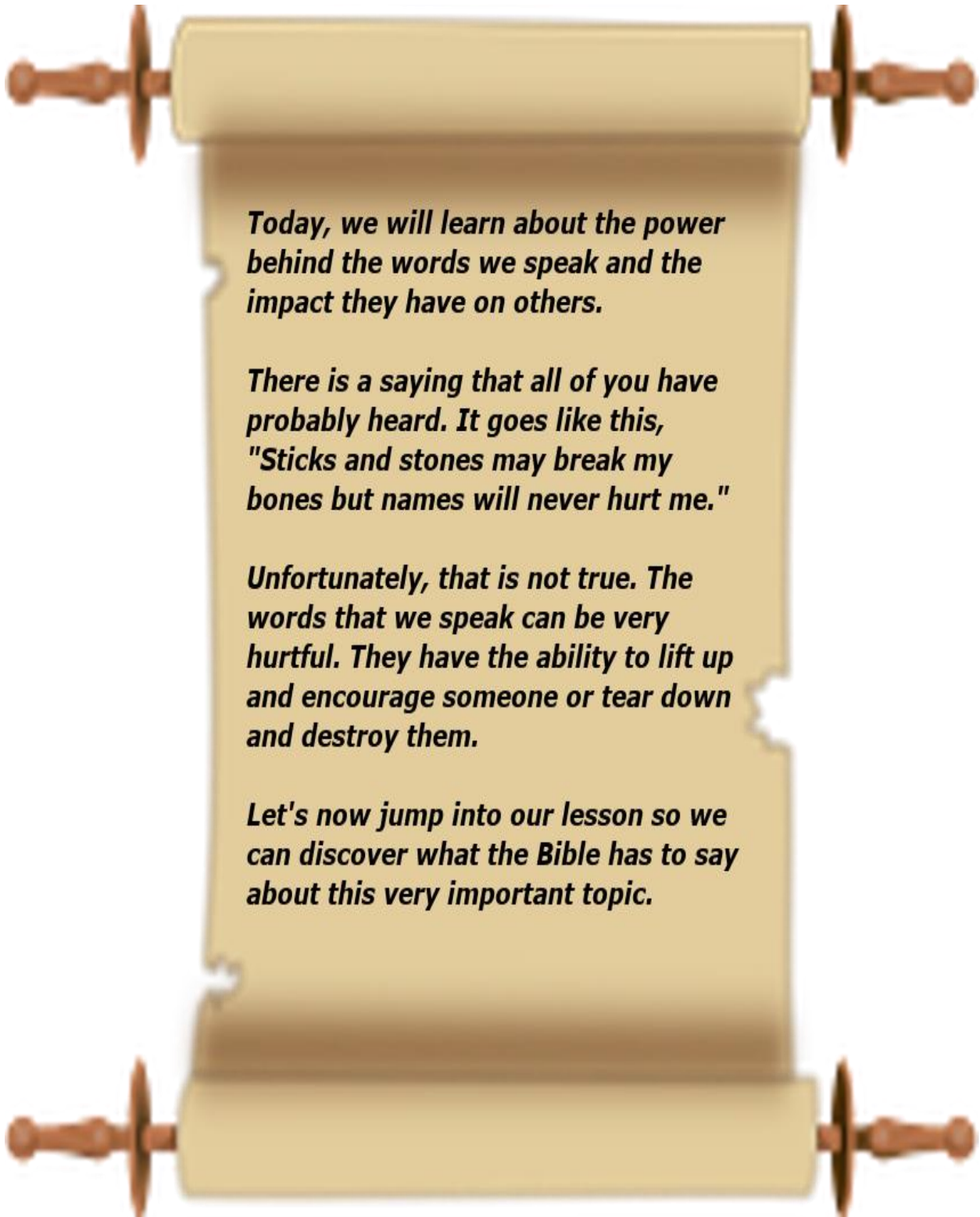


The Power of Our Words





Introduction



Today, we will learn about the power behind the words we speak and the impact they have on others.

There is a saying that all of you have probably heard. It goes like this, "Sticks and stones may break my bones but names will never hurt me."

Unfortunately, that is not true. The words that we speak can be very hurtful. They have the ability to lift up and encourage someone or tear down and destroy them.

Let's now jump into our lesson so we can discover what the Bible has to say about this very important topic.

10 Amazing Facts About Our Tongues

- 1.) Our tongues are used to eat, talk, taste food and swallow.
- 2.) Our tongues are made up of 8 different muscles.
- 3.) Our tongues are mostly made of fat.
- 4.) Every one of us has a unique tongue just as we have a unique fingerprint.
- 5.) Our tongues help us to keep our teeth clean.
- 6.) The color of our tongue can alert the doctor about any health problems we may have. That's why they always tell you to open your mouth and say "Ah."
- 7.) You all have about 10,000 taste buds on our tongues. That's why most of you really love sugary foods. Right now, you can really taste them!
- 8.) When you become adults, you will only have about 5,000 taste buds on your tongues. You will still like sweets but not quite as much.
- 9.) When a person gets old, they will have even fewer taste buds. That's why many elderly people can't taste their foods anymore.
- 10.) The tongue is one of the strongest muscles in the human body.

Time for a Tongue Twister

Recite the following tongue twister to your children, then have them repeat it back to you.

Peter Piper picked a peck of pickled peppers.

Now have them recite the tongue twister once more, this time, without moving their tongues.

Ask your children how important they now view their tongue when it comes to speaking.

Story Time

It was the beginning of the school year. Sara and her new classmates were given an assignment on their first day back. They were to put together a presentation on the most exciting thing they did over their summer vacations.

She knew immediately that hers would be about all the amazing things she saw when her parents took her to the circus for the first time.

All week long, she worked on her presentation, writing down every detail she could remember about the circus acts that the elephants, tigers, bears and chimpanzees had performed.

Finally, the day came when she would get to share her experience with her class. She hardly ate breakfast that morning as she rushed off to school. She waited anxiously for her name to be called. When it was, she eagerly jumped out of her chair and ran up to the front of the room.

Looking down at her notes, she smiled and began to speak. "Hello everyone. My presentation is all about the circus that came to town over the summer. It was incredible! There was this great big elephant that reached out its trunk, allowing a woman to climb onto it. The two of them paraded around the ring together."

With those opening words, she had already captured the attention of the entire class, or so it seemed. Sensing this, she became more and more excited as she told them about that wonderful day.

Suddenly, one of the boys in the back of the room shouted out, "The circus is lame and so are you."

Everyone became silent for a moment, then laughter broke out all around the room. Sara began to cry, tore up her presentation, dropped her head and sadly walked back to her desk. She felt embarrassed and like a total failure in front of her entire class.

Story Time - Discussion Questions

- 1.) How was Sara feeling before she shared her presentation?
- 2.) How did Sara feel after the boy in the back of the room made his comment?
- 3.) Did the power of that boy's tongue have a bad effect on Sara?
- 4.) Will Sara soon forget what happened that day?
- 5.) Do you think that her experience could influence how she sees herself and possibly impact her for the rest of her life? Sometimes, we don't realize just how powerful our words can be.
- 6.) What did you learn from this story?

The Book of James tells us that we can tame all kinds of animals but not our own tongues, which are full of poison.

It also states that the tongue is a small part of the body, but it can be the spark that sets a great forest on fire.



In the story, Sara was amazed at how the ringmasters were able to command powerful, wild animals to perform all sorts of circus acts. The Book of James speaks of this but also how none of us can tame our tiny little tongues!

Choosing our Words Wisely

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.



Unwholesome – Something that is not good for us.

Always think before you speak. Ask yourself if what you are about to say will help or hurt the person it is directed to.

Speak words of encouragement, not discouragement.

James 1:19

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.



Do not be quick to speak. Often, a person just needs someone who will listen to them.

Proverbs 21:23

Those who guard their mouths and their tongues keep themselves from calamity.



Always be careful of what you say so you don't find yourself in trouble.



There once was a cat who would declare every morning that the sky would fall that day, then hide under the sofa.

One day, the cat was asked why he spoke negatively each morning about the sky falling instead of saying something positive like the sun would rise gloriously and provide light and warmth for all to enjoy.

He then promised to speak positively the following morning.

When he woke the next day, he declared, "I am ***pawsitive***" that the sky will fall today" and crawled under the sofa.

Don't be like the cat. Choose to speak positive words that will encourage others every day.

Decode the Secret Message

Use this chart to decode the secret message below.

Example: Write A above all spaces that have a 1 underneath them.

1-A 2-B 3-D 4-E 5-H 6-I 7-L 8-M 9-N 10-O
11-P 12-R 13-S 14-T 15-U 16-W 17-Y



15 13 4 17 10 15 12 16 10 12 3 13

14 10 2 15 6 7 3 10 14 5 4 12 13

15 11 ' 9 10 14 14 4 1 12 14 5 4 8

3 10 16 9 '

So Long for Now

If you enjoyed this lesson, PLEASE send it on to others.



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