

Watch Your Words

Adapted from an idea shared on *MeaningfulMama.com*

Items needed: 3 or 4 objects of different weights (paperclip, medium weight toy, full 2 liter bottle)

A plate

A tube of toothpaste (travel size is great), toothpicks or q-tips

OR a larger piece of fruit (apple, banana, orange), a knife, toothpicks, and anything you might use to “repair” a damaged piece of fruit (tape, glue, needle and thread, etc.)

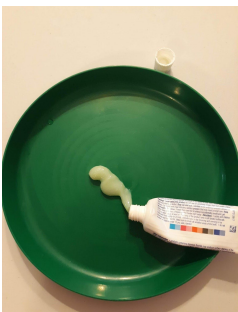
Bible truth: What we say matters.

Bible verses: 1 Thessalonians 5:11 -- Therefore encourage one another and build each other up, just as in fact you are doing.

Galatians 5:22 & 23 -- But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

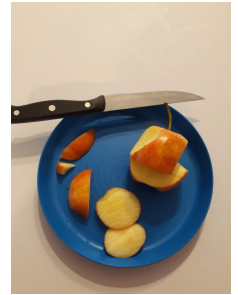
1. Teach: Ask your learners to pick up each item, from lightest to heaviest, and guess how much each item weighs. Discuss their guesses. Now ask your learners how much a word weighs. Have them cup their hands and say a word into their hands. Can they catch it? How much does it weigh?

We cannot feel the weight of our words on the outside, but we can feel them on the inside. Ask your learners if they can think of a time someone said something that hurt their feelings. Have your learners think of a time when someone said something to them that made them feel good or proud and have them share?



2. Do: *If you are using toothpaste* -- Have your learners squeeze out some toothpaste on a plate. Now ask them to put the toothpaste back into the tube. Provide toothpicks, q-tips or whatever helpful tools you might come up with.

If you are using fruit -- Cut some good sized pieces out of the fruit. We are going for ugly here. Tell your learners that these cuts are unkind words. Ask your learners to repair the fruit and put the missing pieces back on the fruit. Provide them with tape, glue, toothpicks, or whatever you can find that might add to the repair of a piece of fruit.



3. Discuss: Ask: “Were you able to put the toothpaste back?” “Were you able to put the fruit back together?” No! Why not?

Words have power. We can't see them. We can't weigh them, but they can hurt hearts or help them. Once a word is out of our mouths we can't take them back. In 1 Thessalonians Paul asked the people there to “Encourage one another and build each other up, just as in fact you are doing.” Paul asked the people to use their words to help each other, not hurt each other.

In Galatians Paul said that showing kindness, gentleness, and self-control in what we do and say is a fruit of the spirit. As we go through this next week let's see if we can *grow* some fruit spirit and build each other up, instead of saying words that hurt other people, words we can't take back.