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SERIES: TOXIC

Don't Speak Poisonous Words

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Lesson Overview

We're continuing in our series about guarding ourselves from poisonous, toxic things. Poison is anything that can make us really sick. Did you know that our words can be dangerous and can be like poison to others? That's because our words have power to either help or hurt people. Think about it for yourselves. Have you ever had a friend say something really mean to you like, "You're ugly." or "You're not smart." Those things really hurt and make us feel bad about ourselves. On the other hand, have you ever had a friend say something really nice about you like, "You're cute." or "You're really nice." Those things make us feel great, right? That's because our words have power. So, as Christian kids, we should only speak kind words that build others up and stay away from saying things that would tear others down. Don't speak toxic words. Instead, choose to say things that make others feel good.

Big Idea

Use your words to help others every chance you get.

Key Question

How can our words help people?

Memory Verse

Proverbs 18:21 "The tongue can bring death or life; those who love to talk will reap the consequences"

Classroom Agenda

- (5 min) PLAY: Let kids start working on Activity Page #1..**
- (5 min) WARM UP: What's the nicest thing someone has said about you lately? How did that make you feel?** (Tip: Words are powerful, so when someone says nice things about us, it makes us feel good. We should always look to make others feel good by saying nice things about them)
- (5 min) PREVIEW: Write out the Big Idea, Memory Verse, and Key Question on a whiteboard.** Have the kids copy it down on Activity Page #1 (if applicable).
- (20 min) LARGE GROUP: Gather for songs and videos with other kids.** Then return to class to finish this guide.
- (2 min) RECAP: Read the Lesson Overview (see above).**
- (3 min) KQ: Answer the Key Question.** (Answer: **Our words can make others feel special.** (Everybody wants to feel special and important. Nobody likes to feel left out or unimportant. So, we should always look for ways to say something nice about others. We can say encouraging things like, "You have a great smile" or "I love your curly hair." We can also praise them for the things they're good at like, "You're a good athlete" or "You're really talented in art". We should look for ways to encourage our friends so that they feel special.)
 - Bonus Questions:** What do people say they like about you? What do people say you are good at? **4-5th:** What is likely to happen if people never hear encouraging words? Who will you encourage this week?
- (5 min) EXPLORE: Read Ephesians 4:29. Why shouldn't we use mean language? What are some things we can say that would be helpful and encouraging to others?** (Answer: Saying mean things comes from a mean heart and it doesn't honor God. God doesn't say mean things to us so we shouldn't say mean things to others. Instead, we should say kind, encouraging and supportive things that make others feel good.
- (10 min) PLAY: Choose a group activity from Activity Page #2.**
- (5 min) CLOSE: Share prayer requests and pray as a class.** Encourage kids to use the Family Guide at home with their parents - and remind them to go online to pursueGOD.org/kids to find this week's lesson video.

Teacher instructions: Choose an activity for your classroom.

OPTION 1: KIND WORDS BOOKMARK

Instructions:

- Give each kid a Bookmark template (page 5).
- Have kids cut out each item. Have kids glue each statement onto their bookmark
- Then, allow kids to color and decorate.
- As they work, remind kids to use their words to build others up.

Supplies needed:

Bookmark template (pg. 5, 1 set per kid), Scissors, Glue, Crayons

Bonus Activity: "Telephone"

Have kids sit in a circle. Whisper the **Big Idea** in the ear of one kid. Have them whisper it to the kid on their right. Continue around the circle. Last kid has to say the message they heard.

OPTION 2: AVOID POISONOUS WORDS HOT POTATO

Instructions:

- Have kids stand in a circle. Give one kid the ball to start. Ask them a question from below. If correct, that kid gets to throw the ball to another kid. If wrong, they throw the ball to another kid but have to sit down.

Supplies needed:

Ball

Questions:

1. What is poison? (stuff that can make you sick)
2. T or F: Our words don't matter. (F)
3. What book is full of God's words? (Bible)
4. What's the Big Idea today? (See board)
5. From what book in the Bible is our memory verse found? (Proverbs)

6. T or F: Our words have power. (T)
7. What is a kind thing you could say to a friend? (friendly, pretty, smart)
8. Who died on the cross for our sins? (Jesus)
9. Is our memory verse from the OT or NT? (OT)
10. Why shouldn't we say mean things? (hurts people, makes God sad)

Bonus Activity: "Memory Verse Game"

Say the memory verse as a class. Say it again while **hopping** on one foot. Say it again while **clapping**.

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Do you know what poison is? It's stuff in your house that can really hurt you if you eat it or drink it. Usually, it's marked with a scary symbol. Stay away! Did you know the Bible says you should also be careful about speaking words that are poisonous? Have you ever said this: "sticks and stones may break my bones, but words will never hurt me." It's not true!

Words Can Bring _____ or _____.

Words can either help or hurt people. They can heal or injure. This is why the Bible says that words bring life or death. They can build you up, or tear you down.

Proverbs 18:21 The tongue can bring death or life; those who love to talk will reap the consequences.

Use Your Words to _____ Every Chance You Get.

The Bible says that once you have become a Christian, you have the power to use your words to help others. Use kind words with your brothers and sisters, your parents, and your friends at school. Let your words bring life. Don't let them be poisonous!

God Can _____ You With Your Words.

Being careful about what you say is hard! You can't do it on your own. You need God's help. Words can get you into trouble, and they can hurt people around you. Once you speak words, you can't take them back!

James 3:5-6 But a tiny spark can set a great forest on fire. And among all the parts of the body, the tongue is a flame of fire...It can set your whole life on fire, for it is set on fire by hell itself.

So, kids, be careful with what you say. Don't speak poisonous words!

Answers: Life, Death, Help Others, Help

Parent Signature: _____

Questions:

1. What was your favorite part of the video? What is one thing you learned from the video?
2. What's the nicest thing someone has said about you lately? How did that make you feel?
3. How can our words bring life to others? What does it mean that our words can mean death?
4. Read [Ephesians 4:29](#). Why shouldn't we use mean language? What are some things we can say that would be helpful and encouraging to others?
5. How will you apply this lesson to your life this week?

Instructions: Color the picture.

USE YOUR WORDS
TO HELP OTHERS
EVERY CHANCE
YOU GET

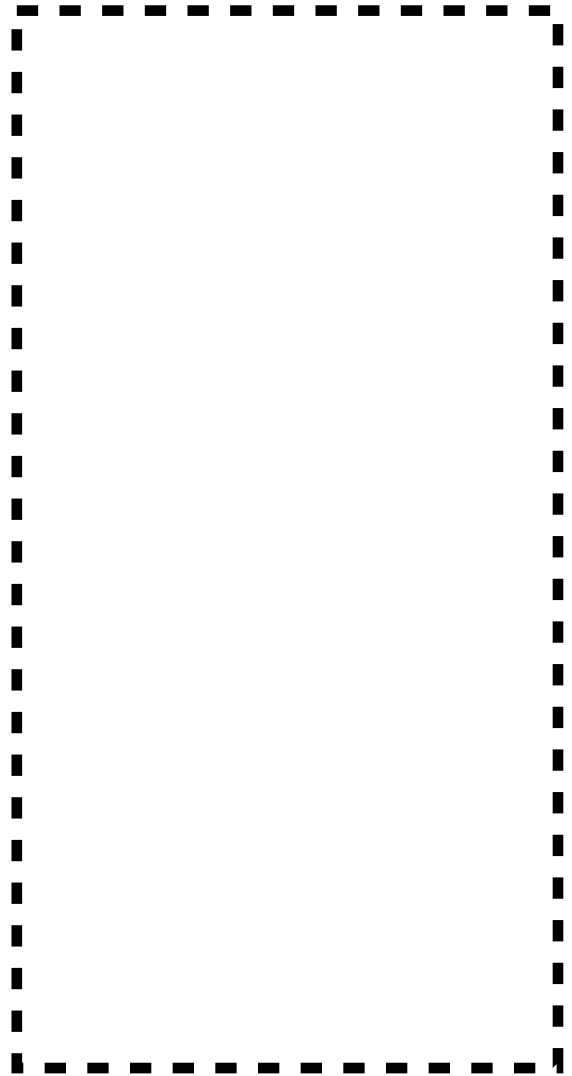
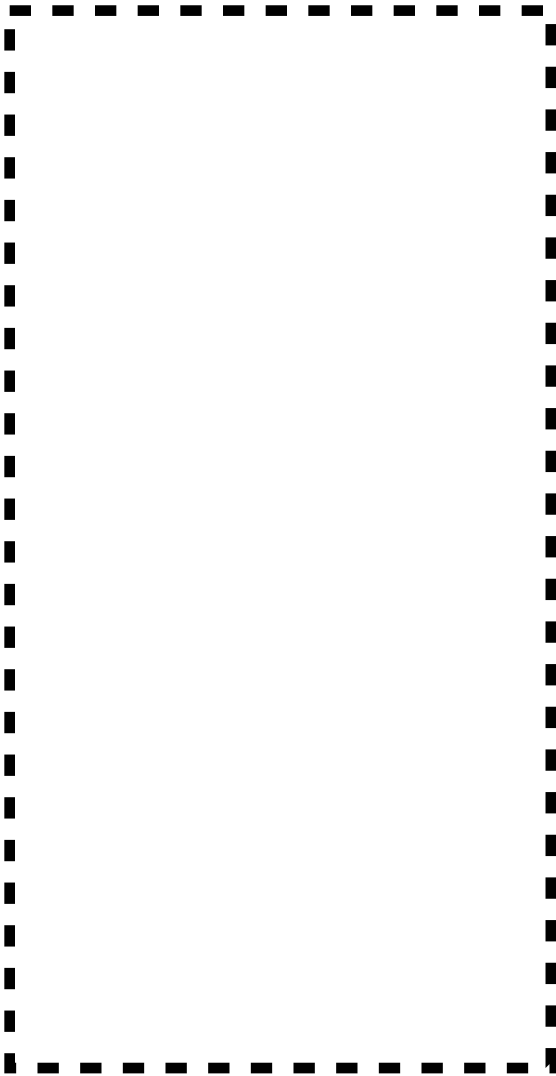
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