



Use this guide to help your family learn how God's Spirit can help us "make waves."

First, watch
this week's
video!

Make Waves:
What you
do today
can change
the world
around you

Memory Verse

"God began a good work in you. And I am sure that he will carry it on until it is completed. That will be on the day Christ Jesus returns."
Philippians 1:6, NIV

Bible Story

Taming of
the Tongue
James 3:1-6

Bottom Line

God gives you the power to have self-control.

Activity

Tongue Twisters

What You Need:

No supplies needed.

What You Do:

Take turns reading the following tongue twisters. See who can say each tongue twister the most times in a row without making a mistake. (Younger kids may need help sounding out a few words before you start each round of the game.)

Tongue twisters:

- Black bug bit a big black bear.
- A big bug bit the little beetle, but the little beetle bit the big bug back.
- Friendly fleas and fireflies.
- Purple paper people.
- Giant giraffes juggle ginormous jelly beans.

Keep track of the winner of each round. Then, crown a tongue twister champion!

Say, "That was fun! We had to think carefully about what we were saying. And we also had to try REALLY hard not to laugh! Today, we heard why it's important for us to be careful with what we say."



Talk About the Bible Story

Why do our words matter? (*Our words are powerful; they have the power to make others feel really good or really bad.*)

Why is it sometimes hard to control the words we say? (*We feel angry, hurt, embarrassed, or tired.*)

Can you think of a time when you didn't show self-control with your words or actions? (*Think about being angry at a sibling, being embarrassed after losing a game, or not getting your way.*)

How can you show self-control the next time you're upset, angry, sad, or even just tired? (*I can ask God to help me stay in control of my words; I can take a deep breath and count to five before saying or doing something.*)

Parent: Talk about a time when it was hard for you to stay in control—i.e. when you were angry, when others weren't kind to you, or when you were just having a bad day. How did you regain or keep your self-control?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, please help us to show self-control with our words and actions. Help us to think about our words before we say them. We know that if we can be careful with what we say and do, we can show others that we love You—and that we love them, too. Thank You for giving us the power to show self-control! We love You. Amen."