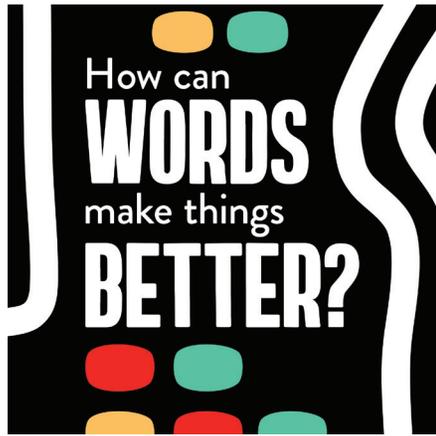


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

.....

2. You learned:

.....

3. You'd like to know:

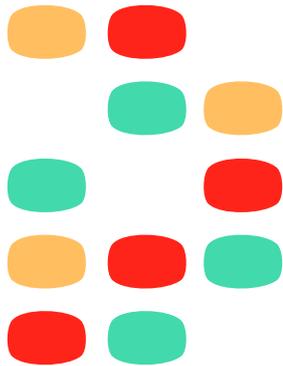
.....

Day 2

Read Proverbs 12:18

Proverbs 12:18 isn't a particularly long verse, but it packs a big punch, with talk of cuts and swords and healing. Our words yield a lot of power!

Commit to memorizing this verse this week, and get a jumpstart by making up motions to say with the verse. After you figure out the motions you will use, repeat the verse three times, doing the motions at the same time. Then every day when you do your devotions, repeat the verse and motions again. You'll have this powerful truth memorized in no time!



Day 3

The best way to choose your words carefully is to think before you speak.

And the best way to use that intentional thinking time is ask God to help you to choose the right words.

Take a few minutes to talk to God right now and ask Him to help you turn to Him whenever you need His wisdom in choosing the right words to say. You can use the prayer below, or speak your own, knowing that God hears you no matter what.

Dear God, thank You for always speaking words that heal to me. I want to show others love the way You do with our words. I know that You are with me always, and I can turn to You for help whenever I need Your wisdom. Please help me to choose my words carefully, and when I'm not sure what the wise thing to say is, to ask You for help. In Jesus' Name, I pray, amen.

Day 4

Our words have the power to hurt, and they have the power to heal.

Most of us would say we want our words to be healing, but so often we don't take the time to choose our words carefully. It can take a while to make a habit of thinking before we speak, so sometimes, gentle reminders are good!

Grab five plain bandages and a pen or thin marker. Try to write the word THINK on the band-aid. If it doesn't work, that's okay. The band-aids can still be your reminder to choose words that heal.

Place each of the bandage somewhere on you, places you regularly see, and things you often use—especially focusing on places where you are most likely to interact with others. Every time you see the bandage, remember to think before you speak and choose your words carefully!



Day 5

How can words make things better?

Have you ever seen those inspirational posters that are often hanging in school rooms or doctor's office? They say things like, "Mindset is everything" and "Dreams don't work unless you do."

Words can make things better! If you choose your words carefully, you can inspire, encourage, help, and heal others with the words you say.

Find the biggest piece of paper you can to make an inspirational poster of your own. First, write the word THINK down the page. Beside each letter, write the following words.

- True
- Helpful
- Inspirational
- Necessary
- Kind

Decorate the poster and then hang it in your room. Remember to ask yourself the following questions before you speak to others. Is what I'm about to say . . .

- True?
- Helpful to the person I'm speaking to?
- Inspirational? Will it encourage the other person?
- Necessary? Some things may be true but they aren't really necessary to share.
- Kind?