



POWER OF THE TONGUE

AT-HOME FAMILY ACTIVITIES TO DISCUSS HOW POWERFUL OUR WORDS REALLY ARE!

FAMILY READING

Read James 3:1-12 as a family to see what the Bible has to say about the power of our tongue!

DISCUSSION QUESTIONS:

1. When you read this passage are there any images used to describe the tongue that stick out to you?
2. Do you feel like this passage describes the tongue as important or unimportant? Why?
3. When we look at OUR family, do we feel like our words are mostly bringing encouragement and life to one another? Or are our words also bringing negativity and hurt into our home?
4. What are some examples of words of life? Words of negativity? How do these words make us feel?
5. What are areas as a family that we can start practicing speaking words of life over one another?

CANDLE ACTIVITY

This activity shows us that choosing our words carefully is important because they have the power to hurt or bring life to others!

SUPPLIES NEEDED:

- Two candles with lids, Toothpicks, Lighter

DIRECTIONS:

1. Light both candles and explain that the **flame** represents the positive thoughts and feelings of others about themselves. The lid represents hurtful or unkind words. Have your child place a candle lid over one of the candles - this will cause the flame to go out! Explain that when we use unkind words or speak with negativity, this can be damaging to other's thoughts about themselves.
2. Our words also have the power to bring life to those around us! Next, take a toothpick and light the end of it with the candle that is still lit. Use the flame on the toothpick to relight the candle that had gone out. Explain that our words can be used to bring more encouragement and life to those who already have it and even, to heal and spark new life in those who don't!

TOOTHPASTE ACTIVITY

This activity shows us how choosing our words carefully is important because after we say them, we can't take them back.

SUPPLIES NEEDED:

- Tube of toothpaste, Spoon, Plate

DIRECTIONS:

1. Give your child a tube of toothpaste and a plate. Tell them they have 15 seconds to squirt out as much toothpaste as they can onto the plate. The toothpaste comes out fast and easy!
 2. Now, give your child 2-5 min to do whatever they can to get the toothpaste back in the tube. After some time, explain that in the same way that the toothpaste can't go back into the tube, our words cannot be taken back after we've used them. This is one reason choosing our words carefully is so important!
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