



WEEK TWO – OCTOBER 2024 – SECOND/THIRD

Bible Story: *These Words* | Proverbs 12:18

Bottom Line: *Think before you speak*

Memory Verse: “God’s power has given us everything we need to lead a godly life. – 1 Peter 1:3a (NirV)

Virtue: *Self-Control – Choosing to do what’s best, even when you don’t want to*

Basic Truth: *I need to make the wise choice.*

Series Overview: There are a lot of choices that we need to make in life. Some of those choices can help us grow and shape us positively. Others can pull us in different directions, leaving us struggling to figure out which choice is best. What do we do when we’re confronted with all of these choices? Do we rush ahead? Or do we pause and let God lead us toward the best way to act? Self-control is a fruit of the Spirit. It’s one of the ways we can tell that God is transforming our lives and that we’re growing in our faith. Thankfully, we don’t have to find self-control on our own. When we follow Jesus, God’s Spirit is with us and helps us make the wise choice.

Bottom Line: Think before you speak. “Sticks and stones may break my bones, but words will never hurt me.” Ever heard or said that phrase growing up? The thing is, words DO hurt. When we aren’t careful and when we lose control, we have the potential to do damage to others and ourselves that may be harder to overcome later. However, when we take the time to sort through our thoughts before we say them, we can build better and stronger relationships in the future. Relationships matter to God, so they should matter to us as well.

9:05 - 9:20 | 11:05 – 11:20 | EARLY ARRIVERS ACTIVITY

Opening Small Group Activity

Move: an activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: “Choices” Activity Pages, and buzzer

What You Do:

- Welcome kids by name as they arrive with a fist bump or high five
- Set out the “Choices” Activity Pages on the floor in four different spots in your group space.
- Share that you’re going to ask a question with four choices—A, B, C, or D.
- Instruct the kids to listen to the question, then stop and think about their answer in the time you provide.
- Direct the kids to move to the sign—A, B, C, or D—to show their response after you tap the buzzer.
- Read a multiple-choice question from below.
 - Remind kids not to move, but to stop and think about their answer, until they hear the buzzer.
 - Tap the buzzer when you are ready for kids to move toward their choice.
- Once kids have moved to a choice, invite them to share why they made that choice.
- Call all the kids back to the middle for the next question.
- Repeat for each question.
- **Multiple Choice Questions:**
 - If you had to choose only one food to eat for the rest of your life, which of these would it be?
 - A) pizza
 - B) sushi

- C) pasta
- D) cookies
- If you could only pick one live entertainment to watch, which of these would you choose?
 - A) sports
 - B) musical or play
 - C) gymnastics or dance
 - D) marching band or parade
- If you had to face your fears and do one scary thing, which of these would it be?
 - A) jump off the highest diving board
 - B) fly in a plane
 - C) rock climb up the side of a mountain
 - D) go on a fast roller coaster
- If you had the chance to win one million dollars on a game show and were able to have help with the last question, which of these would you pick?
 - A) call someone
 - B) ask the audience
 - C) skip the question, but lose \$5,000
 - D) get rid of two of the four choices
- If you could travel to any of these places, which one would you choose?
 - A) Paris, France
 - B) the rainforest
 - C) the beach
 - D) Yosemite National Park

What You Say:

““I could see sometimes it was difficult to decide what to choose! Those questions had some great choices. I noticed many of you thinking before you locked in your answer by running to your choice. *[Transition]* Today we’re going to discover just how important it is to think before we respond.”

9:20 - 9:50 | 11:20 – 11:50 | LARGE GROUP

Large Group Overview: In Week 2, we head to Proverbs 12:18, where Solomon spoke about the power of words. He said, “The words of thoughtless people cut like swords. But the tongue of wise people brings healing.” Thoughtless, mean, and hurtful words can cause harm like a sword! But on the flip side, when we ask God for wisdom and speak intentionally with kindness, love, and care, the words we say can bring healing.

9:50 – 10:10 | 11:50 – 12:10 | SMALL GROUP

THINK

[Live for God | Application Activity]

Create: an activity that explores spiritual ideas through the process of drawing, building, and designing

What You Need: White construction paper or cardstock, markers, and additional craft supplies

What You Do:

- Give each kid a piece of white construction paper (or cardstock).
- Set out the markers and other craft supplies.
- Grab a marker and a piece of paper for yourself.

- Instruct kids to write down the letters “T-H-I-N-K” down the left side of their paper, leaving space to write beside each word.
- Explain that kids will be creating an acronym to help them remember how they can choose their words carefully.
- One by one, talk through each letter, inviting kids to share what they think each letter could stand for, leading them to each question listed below in the “THINK Acronym.”
- Instruct kids to write down what each letter represents as you talk about each one.
- Create your own acronym alongside the kids so they can reference it.
- After writing in each question, give kids time to decorate their paper however they wish.
- As kids are working, invite them to share scenarios when they may need to ask themselves these questions in order to choose words that are healing, not hurtful.
- Instruct the kids to write their names on the back of their papers.
- Set the papers aside for the Pray and Dismiss activity.

o **THINK Acronym:**

- **T:** Is it true?
- **H:** Is it helpful?
- **I:** Is it inspiring?
- **N:** Is it necessary?
- **K:** Is it kind?

What You Say:

“Asking ourselves the questions from this acronym gives us time to pause before we speak so we can be careful with our words. [Make It Personal] (Share a story of a time you decided to think before you spoke and how it made a difference in the outcome of your situation.)

“You can hang your creation up somewhere you will see it every day as a reminder to slow down with your words. Remember our words have the power to change someone’s day and make our world a better place. When you follow Jesus, God

sends the Holy Spirit to live with you and give you the strength to choose your words with kindness and compassion. You can ask God to remind you to slow down before you speak.”

Pray + Dismiss

[Pray to God | Prayer Activity]

Reflect: an activity that creates space for personal understanding and application

What You Need: Kids’ completed acronyms from the “THINK Activity” and markers

What You Do:

- Give each kid their completed acronyms from the “THINK activity”.
- Set out the markers.
- Invite kids to spend some time writing a prayer on the back of their acronym, asking God to help them slow down and think before they speak.
- Close your group time in prayer.

What You Say:

“God, thank You for the power to slow down our words. We want to remember to [Bottom Line] think before we speak. We know it’s not always easy to pause when we’re angry or excited. Help us find the self-control to slow down so we can bring You glory with healing and helpful words. We love You, and we pray these things in Jesus’ name. Amen.”

As adults arrive to pick up, ask the kids to show off their acronyms and read off what each letter stands for.