

City LG—January 31st, 2021

Today's Bible Story: Say What You Need to Say (Use Words Wisely) • *Ephesians 4:29*

Today's Bottom Line: Use your words wisely.

Monthly Memory Verse: *Suppose you can be trusted with something very little. Then you can also be trusted with something very large.* Luke 16:10a (NIV)

WORSHIP: Something Good and Rising Up

Worship Leader prays...

Supplies Needed: Jumbo Jenga Blocks (per Campus)

"Hi, everybody! Are you ready to find out about today's Rule for Life? (*Hold up the Bible.*) It's a really important one that we can read about in the book of Ephesians—which was originally a letter written by the apostle Paul.

"At first, Paul didn't believe that Jesus was the Son of God. In fact, He tried to STOP people from believing in Jesus. But then Paul became a follower of Jesus himself, and he spent the rest of his life telling others about Jesus and encouraging them to live God's way.

"Paul had spent time teaching a church in the city of Ephesus. But now, Paul was in prison. He hadn't done anything wrong, but he had been arrested for telling people about Jesus. He wanted to remind the people in Ephesus—the Ephesians—about what God had done for them. He explained that as followers of Jesus, they should use their words differently.

"Here's what Paul wrote to the Ephesians.

Open the Bible to Ephesians 4:29 (NIV) and read.

"Don't let any evil talk come out of your mouths. Say only what will help to build others up and meet their needs. Then what you say will help those who listen."

CG: Sledgehammer JPEG

(referencing the sledgehammer picture) "Do you know what a hammer like this is used for? (Pause.) It's used to destroy things. So, if we wanted to knock down a wall and redo a room in a house, we'd probably start with something like this right here . . . because it can do a lot of damage.

"A hammer like this is pretty powerful. You know what ELSE is powerful? The words we say. If we're not careful, our words can really do a lot of damage. That's what our Bible Story Video is all about today. Let's take a look!"

CG: Lesson Video (Runtime: 9:00)

"Raise your hand if you've ever been hurt by someone else's words. (Pause and raise your hand.) I think that's probably happened to all of us at some point. Hurtful words can break down relationships."

That's why it's so important for us to choose our words wisely.

"When our words hurt someone else, it's very hard to undo what we've said."

"Of course, our words can be powerful in a GOOD way, too. (referencing the Jenga blocks) They're kind of like these blocks. You can build all kinds of things with blocks, can't you? Well, you can also build people up with your words. It's like Paul said in his letter.

Open the Bible to Ephesians 4:29 (NIV) and read.

“Say only what will help to build others up and meet their needs. Then what you say will help those who listen.”

“Raise your hand if someone’s words have ever built you up and made you feel really good. (Pause and raise your hand.) I’m so glad! Really great words can build people up and help them feel loved. Think about how good it feels when someone tells you . . .

Stack a block as you say each phrase.

“You’re a good friend.

“You’re important to me.

“I always have fun with you.

“You make me laugh.

“You’re a good listener.

“I love you.

“I know that all of us have experienced how powerful words can be. In fact, I’d love to hear from some of our leaders in the room. Leaders, can you think of a time when someone used words to build you up . . . or to fix something that was wrong?”

Move around the room so leaders can share their stories into the microphone. Remember to wipe the microphone with a disinfecting wipe after each person. You can also share an example of your own.

“You see? Our words have a LOT of power—maybe more than we even realize. That’s why Paul thought it was so important for us to use words that build each other up and help us heal. We have the responsibility to choose words that will help the people around us. So let’s use our words wisely!

“That’s our Rule for Life for today.

SLIDE: Bottom Line

[Bottom Line] “Use your words wisely.

“Be a person who builds people up and brings healing with your words. Let’s pray.”

SLIDE: Theme Background

PRAY: “Dear God, thank You for this really important reminder that we should use our words wisely. Help us be people who build others up and repair things by using kind and encouraging words. Sometimes that’s really hard to do, and we need Your help! When we feel like saying something mean or angry, please remind us to stop and choose helpful words instead. We love You, and we pray these things in Jesus’ name. Amen.”

“Let’s take a look at this video as we get ready for our All Together Activities!”

CG: Dear God Video (Runtime: 2:00)

Dismiss kids to All Together Activities.