

# Say Abhhhhh

**The topic** Words can hurt or help

**The object** Popsicle sticks. For extra fun, videotape (or shoot with a Polaroid) the tongue-examination part of the lesson.

**The lesson** Pass out the popsicle sticks and pair up students. Tell them to examine their partner's tongue. Next, give them five

**minutes to write a poem about the tongue they inspected. Award the best writer with a popsicle.**

Scripture tells us the tongue does for us what a rudder does for a ship: although it's small and out of view most of the time, it nevertheless steers our lives and others' lives.

**The Word** James 3:3-5; Psalm 19:14

## Discussion starters

1. When is your tongue like a rudder that steers you off course?



2. How can you use your tongue to steer you in a *good* direction?
3. Why is speech such an important part of the disciple's lifestyle?

## Life changers

1. How has your conversation led you off course sometime during the past two weeks?

2. **Think of three good ways you can speak this week—affirm a teacher, encourage a friend,** thank a parent, share your faith with your friends, etc.

## Bonus

Close by inviting students to pray one or more of these Bible verses:

- Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from speaking lies. —*Psalm 34:12-13 and 1 Peter 3:10*
- The words of the wicked lie in wait for blood, but the speech of the upright rescues them. —*Proverbs 12:6*
- He who loves a pure heart and whose speech is gracious will have the king for his friend. —*Proverbs 22:11*
- Woe to me!...I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty. —*Isaiah 6:5*
- Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. —*1 Timothy 4:12*