

# Power of the Tongue



Learning & Growing  
**STEPS**  
Learning & Growing





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Words are real things. They bless or they curse,  
they lift up or they knock down.

By Amber Darley and Agnes Lemaire

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# Just Like Toothpaste

Jason was taking care of his little brother, Josh. The afternoon had started out fine, but then Jason left Josh alone in the playroom while he went to fix them a snack. It was a little while before Jason returned to the playroom, and when he did, his brother was no longer there. Suspicious noises were coming from the bathroom, so Jason hurried to see what Josh was up to. Josh was trying desperately to push toothpaste back into the tube.

"You dummy, Josh!" exclaimed Jason. "Why can't you leave things alone?" As he began to clean up the mess, he continued to scold his little brother.

"I'm sorry," whimpered Josh. "I'll put it back."

"You can't," growled Jason. "Once toothpaste is out, it stays out!"

Josh began to cry. "I guess I really am a dummy," he sobbed.

When Jason saw how upset his little brother was, he wished he hadn't been so harsh. "No, Josh," he said, "you aren't a dummy."

"But you said..." began Josh.

Jason ruffled his little brother's hair. "Forget that. I shouldn't have said it in the first place, and I'm sorry."

When Mother came up from the laundry room a few moments later, she heard all about the toothpaste episode. "I'm a dummy," confessed Josh with trembling lips.

"I told you you're not," protested Jason, "and I said I was sorry."

"Josh, you were naughty," said Mother, "and, Jason, you were too hasty with your tongue. I'm glad you apologized, but there's a lesson here. Just like you can't get toothpaste back in the tube, you can't take back words that came out of your mouth. You shouldn't play around with the toothpaste tube, but it's even more important to be careful of the words you say. Make sure they are all pleasing to Jesus."



- Do you sometimes say things in anger? Or do you sometimes say things jokingly, but you really hurt the one to whom you are talking? Words can never be taken back. The Bible says, "Let your speech always be with grace" (Colossians.4:6). If you follow this instruction, you won't have to worry about taking back mean words you have spoken.
- Should we avoid calling each other names like "dummy" etc.? What should you say instead? How do you feel when someone calls you a bad name?
- Let's all try not to use unkind or ugly words. Say only what is good and helpful to those you are talking to, and what will be a blessing to them.



# Guard Your Tongue

“Let all evil speaking be put away” (Ephesians 4:31).

“Class, I need to go and pick up the new workbooks from the office,” said the teacher. “Please continue with your spelling lists until I return. Sue, will you be the monitor? It will be your job to write down the names of anyone who talks while I’m gone.”

Soon Sue heard talking and giggling at the back of the room. She looked up, and then wrote down Ann’s name. When the teacher returned, she looked at Sue’s paper, and gave Ann some cleaning chores to do at recess.

Ann was angry with Sue for reporting on her, and began to make up stories about Sue. Soon her friends were whispering that Sue had stolen some things from the corner store. Ann knew that Sue didn’t steal. But Ann was jealous. Ann’s mother was always telling her Sue was such a good girl. This was Ann’s way of getting back at Sue. Because of what Ann said, the girls in the class soon weren’t friendly to Sue anymore. They gave her mean looks and said mean things about her. This made Sue feel very sad. She didn’t even want to go to school anymore. When Ann saw what her unkind words had done to Sue, she began to feel badly about it. She tried to tell the other girls that Sue didn’t really steal. But some of the girls kept on saying bad things about Sue anyway.

At last Sue’s mother and father decided they must move so that Sue could go to a different school. Sue wasn’t happy anymore because her heart was sick. So they moved away, all because Ann was jealous and had said some mean lies.

When you are tempted to say mean things about someone, remember the commandment of God which says, “You shall not bear false witness against your neighbor” (Exodus 20:16). Do you know what that means? Martin Luther explained it this way: “We should love Jesus so much that we will not purposely tell lies about anyone, nor mention their mistakes, nor talk about them behind their back, nor spread harmful stories about them. But we should defend our neighbor and say the best we can about him.” The Bible says, “Let all evil speaking be put away” (Ephesians 4:31). Loving Jesus and other people helps us to put all evil speaking away.



- Why did Ann begin to tell lies about Sue?
- What did Ann’s lies do to Sue?
- Was Ann able to stop the lies even after she was sorry? Talk about how this situation could have been prevented.
- Has anyone ever told lies about you? Have you ever told lies about someone else? How did you feel?



# Words Like Honey

“Pleasant words are like a honeycomb, sweetness to the soul and health to the bones” (Proverbs 16:24).

“I’m a doctor,” said Elaine. “Grandma said so.”

“Why did she say you were a doctor?” Elaine’s mother asked her.

“Grandma said, ‘when you visit, it’s like good medicine.’ I tell her nice things and it makes her happy,” answered Elaine.

“Well, maybe you are a good doctor for her,” said her mother. “I know a Bible verse about pleasant words. It says that pleasant words are like honey, which is good for a person.”

“Please tell me the verse,” said Elaine.

“Pleasant words are like a honeycomb, sweetness to the soul and health to the bones,” said her mother. “In another place the Bible says, ‘A good word makes the heart glad,’ and ‘A merry heart does good like a medicine’” (Proverbs 12:25; 17:22).

Pleasant words are like good medicine. When someone is feeling sad and you say some friendly words to them, it cheers them up and makes them feel better. Once there was a grouchy old woman cleaning rooms in a hotel. One of the friendly guests told her, “I’m glad you keep things so clean. You do your work quickly, too.” The old woman smiled. “I don’t hear things like that very often,” she said. For many weeks those words were like good medicine for her. They made her feel good. So let’s not forget to say pleasant words to people. Jesus wants us to, and it’s an easy way to love and help people.



- Why did Grandma say that Elaine was a doctor? What do pleasant words do for a person?
- Has someone ever said kind things to you when you were sad that made you happy again?
- Talk about how those words were medicine to make you feel better.
- What are some words you can say to others to make them glad?
- What is the first thing that a doctor does when a patient comes into his office? He asks questions, right? What kind of questions can you ask people to show you care about them? Some examples: How was your day? What fun thing did you do today? What are you learning about? Etc.





# Watch Your Words

Keep a watch on your words, my darlings,  
For words are wonderful things;  
They are sweet, like the bees' fresh honey.  
Like the bees, they have terrible stings.

They can bless like the warm, glad sunshine,  
And brighten a lonely life;  
They can cut in the strife of anger,  
Like an open, two-edged knife.

May peace guard your lives, and ever  
From the time of your early youth,  
May the words that you daily utter  
Be the words of beautiful truth.



# Prayer and Praise

Dear Jesus, I ask You to set a watch over my mouth. I know that unkind words can hurt others, so please help me to only speak words that will help others and make them glad. Help me to always remember to pray before I say. Amen.

# Memory Fun



Set a guard, O Lord, over my mouth; keep watch over the door of my lips .

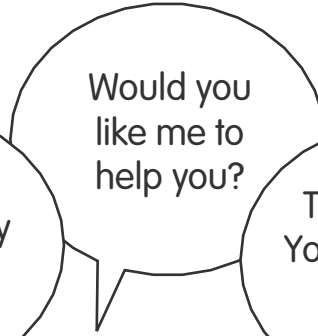
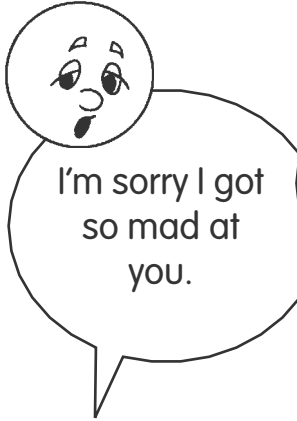
Psalm 141:3

# Pencil Page

## Winning Words



Match the speech bubbles with the fitting proverbs and sayings.  
Then draw a picture of each example in the blank boxes.



A soft answer turns away wrath.  
(Proverbs 15:1)

Be kind to one another.  
(Ephesians 4:32)

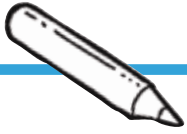
The tongue can be a blessing.

He who restrains his lips is wise.  
(Proverbs 10:19)

Pray before you say.

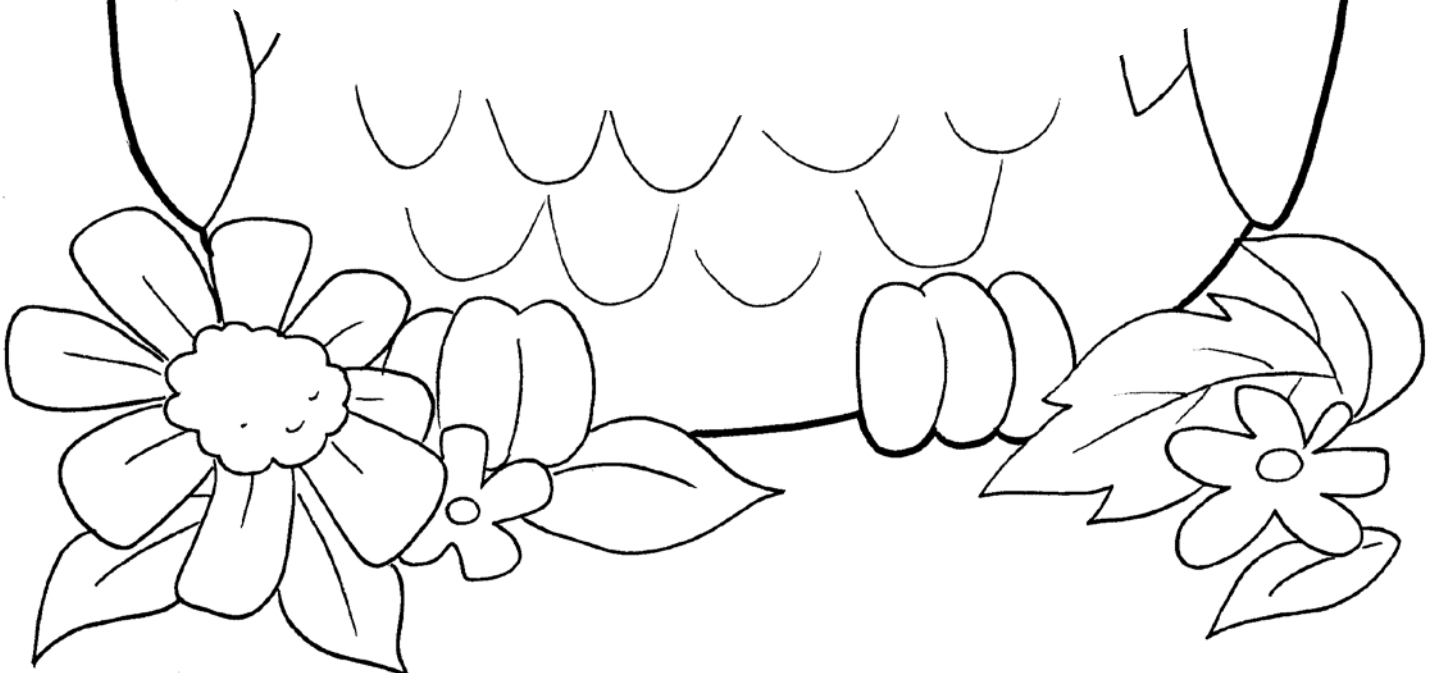
# Pencil Page

## Good Advice



Fill in the missing vowels to find Mr. Owl's good advice to us all. Then you can color the picture.

Th\_ w\_se old \_wl s\_t in a tr\_\_  
The l\_ss h\_ sp\_ke th\_ m\_r\_ he'd s\_\_  
Th\_ m\_re h\_ s\_w the m\_re h\_ he\_rd,  
W\_sh w\_ w\_re \_ll l\_ke th\_t w\_se \_ld b\_rd!



# Make and Do

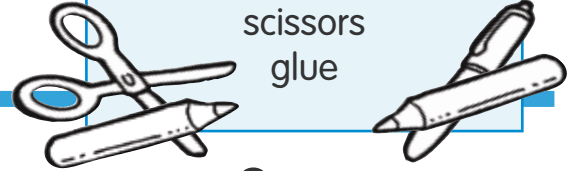
## Kind Words

### How to:

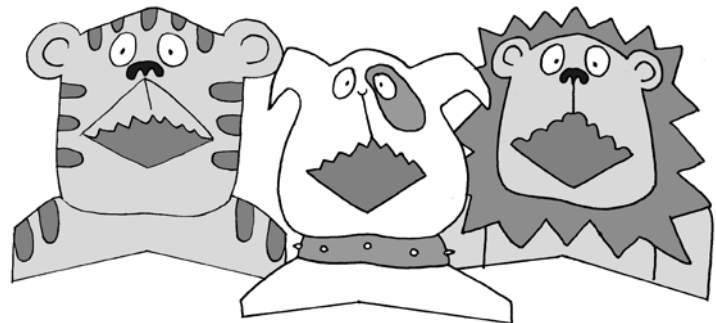
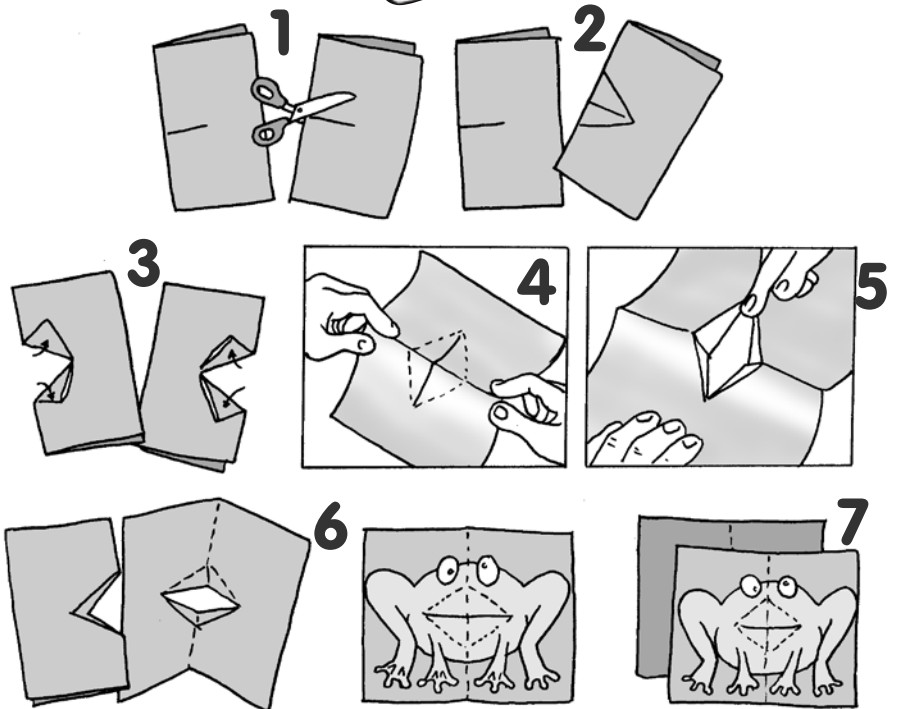
You can use this method to make pop up mouths for all kinds of animals, even faces!

- Cut out and color the pictures on the next two pages.
- Now, follow the instructions and diagrams below:

**You will need:**  
 color cardstock  
 felt tip markers  
 color pencils or crayons  
 ruler  
 scissors  
 glue



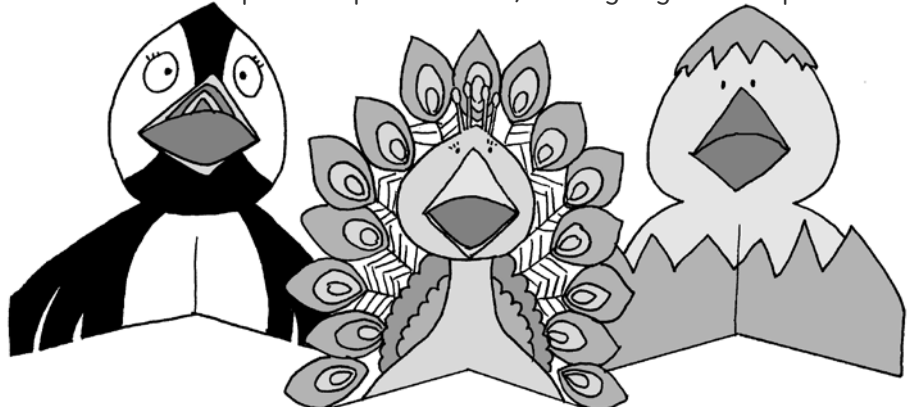
1. Fold your picture in half. With a pencil, draw a line the length of the mouth of your animal. Cut along the line.
2. Make pencil marks on the folded edge 2.5cm (1 inch) above and below the cut. Draw a diagonal line from the end of the cut to each mark.
3. Fold along both lines to make two triangular flaps. Unfold the flaps, turn the paper over and fold them in the other direction. Unfold.
4. Open out the paper and lay it flat. Pinch the ends of the middle fold to crease them the other way.
5. Use one of your fingers to push down both triangular flaps. This will make a diamond shaped hole, as shown in the picture.
6. Carefully close the card and smooth over it to flatten the triangular flaps inside. When you open it up, the flaps will close together like a mouth.
7. Fold your cardstock and glue it on as a backing card. Make sure that the folds line up, and that you don't get glue behind the frog's mouth.
8. Now, write a kind word or two in your frog's (or other animal's) mouth to remind you what kind of words should come out of our mouths.



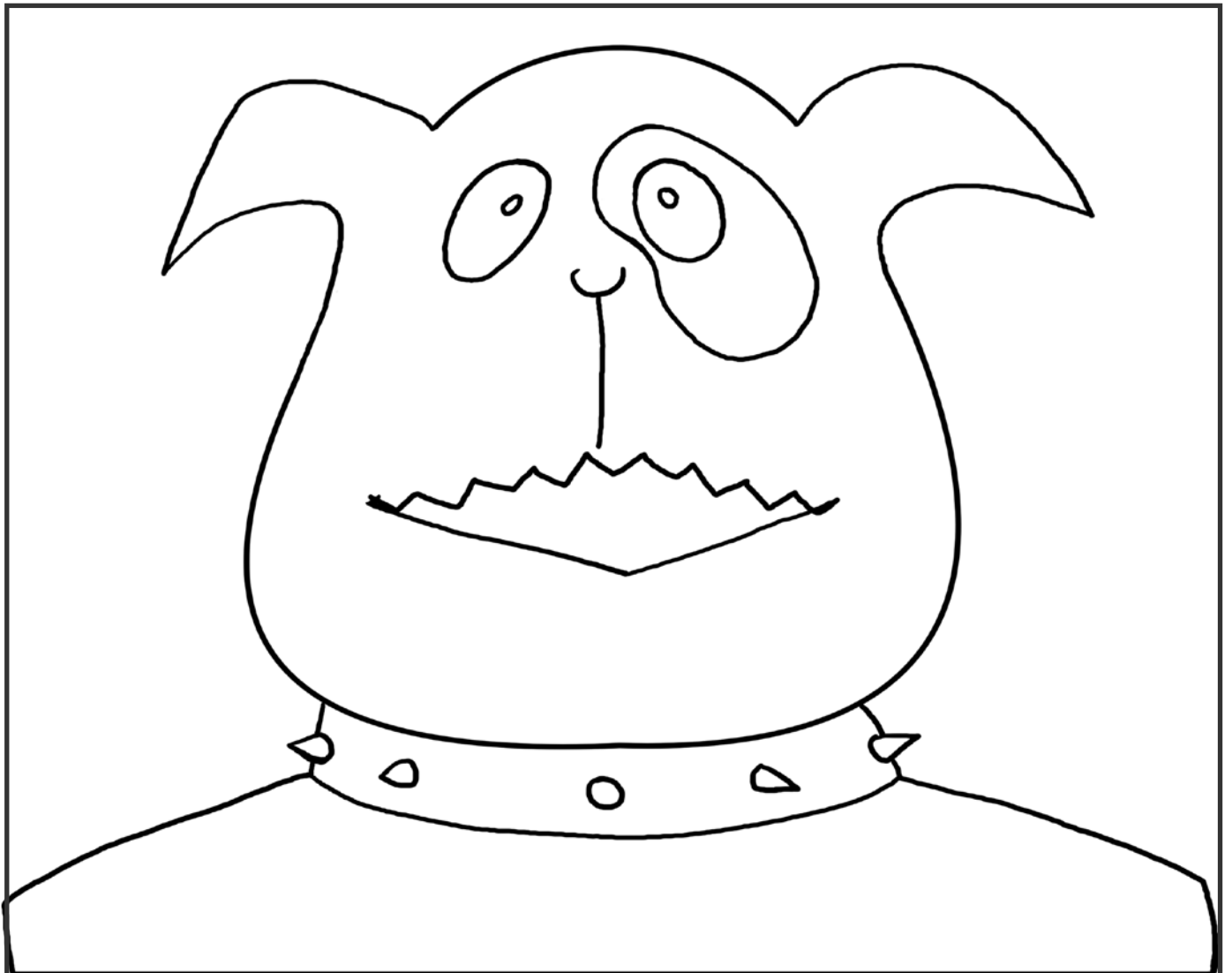
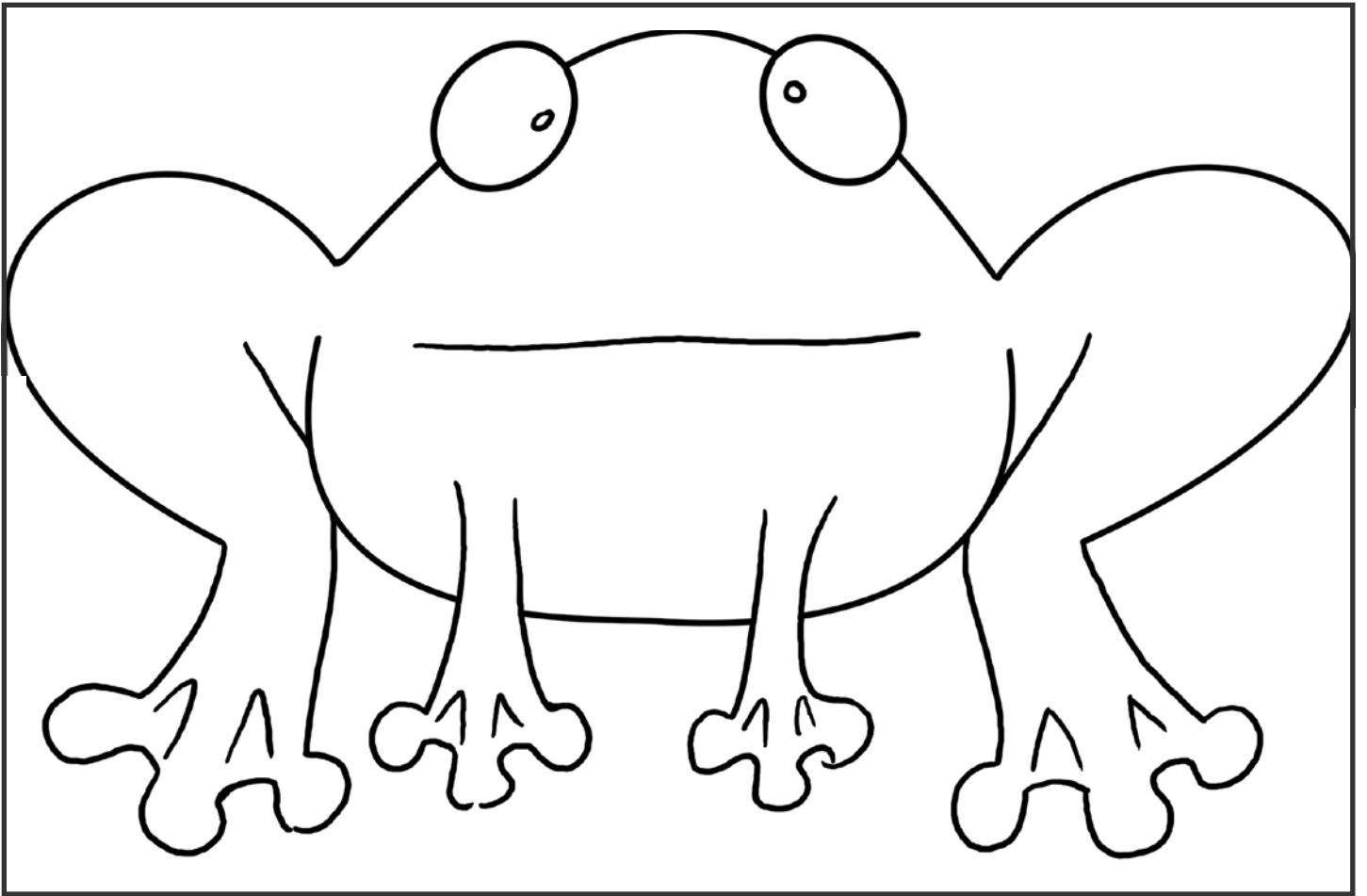
For sharp toothed jaws like these, cut a zig-zag line at step 1.



Trim off the top part of the card to make a more interesting shape.

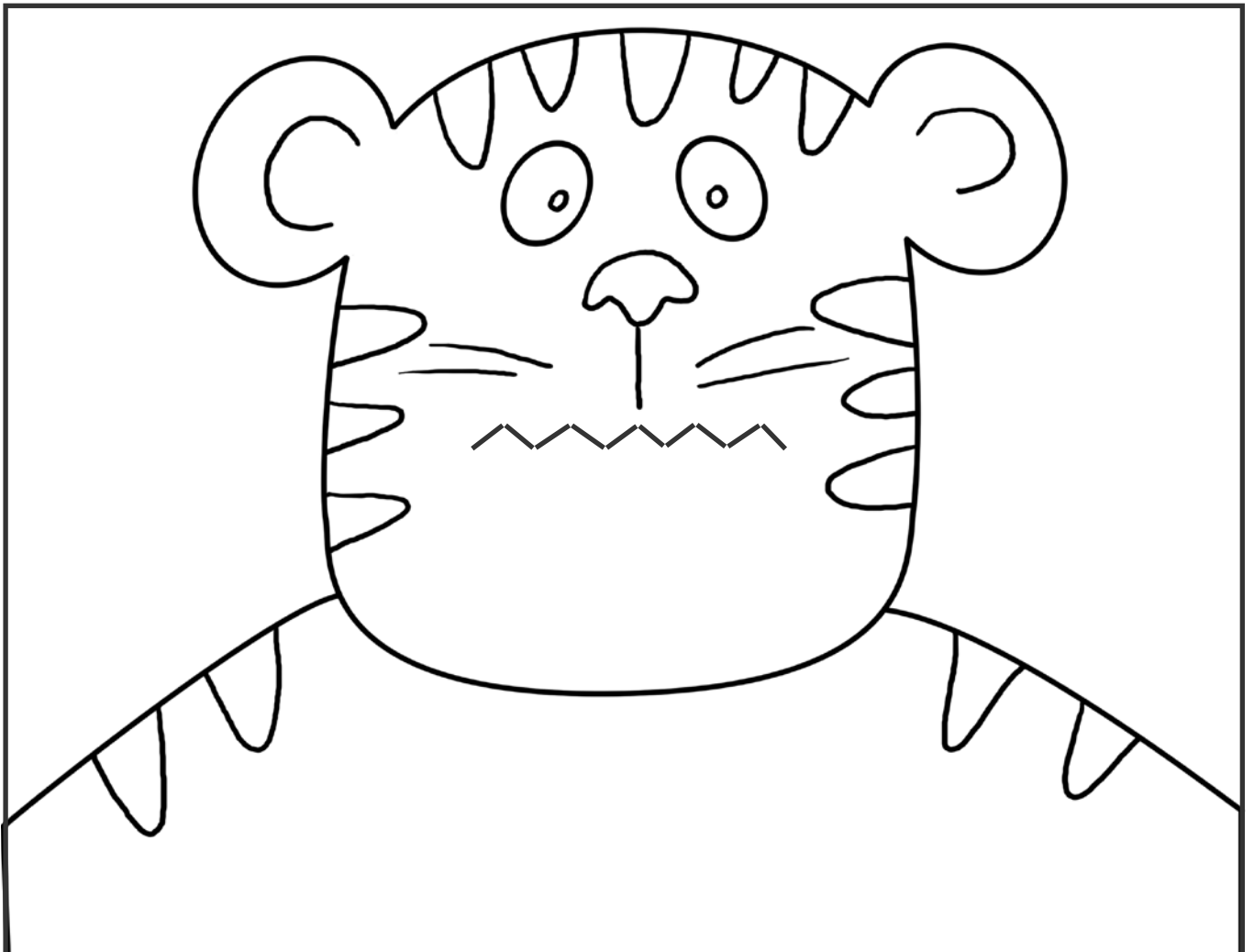
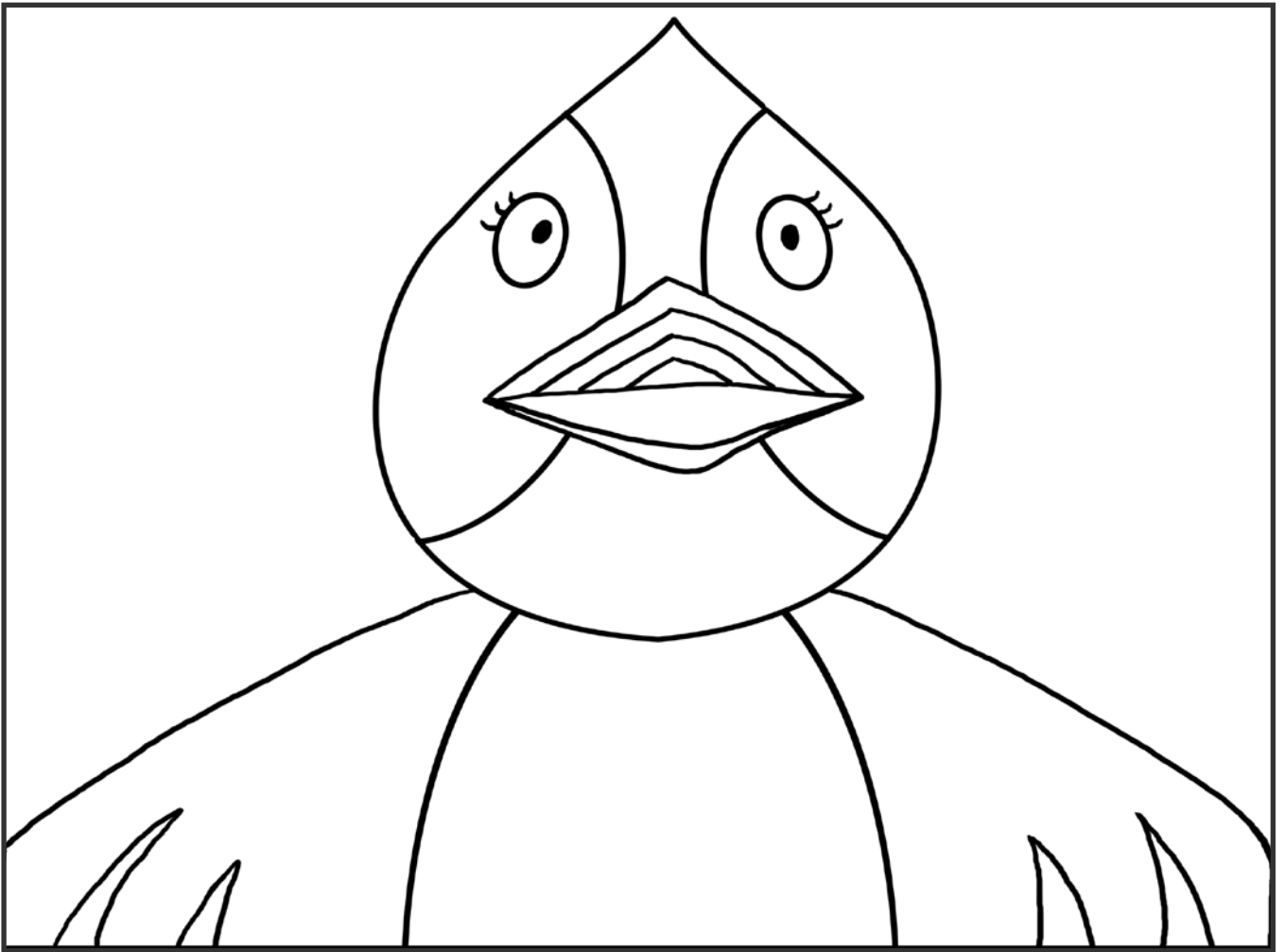


For a beak, cut a shorter, slightly curved line at step 1.



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# From Jesus—with Love



Did you know that your heart is the garden of your soul? You must take good care of your garden and make sure that there are no weeds of unkind and angry thoughts growing there, because these unkind things will soon come out of your mouth and can hurt others. Words are real things. They can make someone glad or sad, they can make you lose a friend or gain a friend. I want to help you to speak kind words to others because this will make you and those around you happy.

So, if you feel like saying something really unkind, just stop and say, “Dear Jesus, what would You say to this person if You were here?” and I’ll help you to say the loving thing. When you say unkind things to others, it makes you feel bad inside too. So try to be happy by saying kind and loving things to others and putting aside any mean or unloving words or thoughts. And keep the garden of your heart nice and clean with kind pretty flowers growing there, not mean ugly evil weeds. I love you!



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