

WORDS THAT BUILD UP

**SPEAK
LIFE!**

LESSON RECAP • EPHESIANS 4:29

THE BIG TAKEAWAY

Words are powerful. Use yours to build others up.

WHAT WE LEARNED

Ephesians 4:29 teaches us to choose words that help others. Hurtful words can shame or discourage someone; helpful words can build confidence and show the love of Jesus.

PAUSE BEFORE YOU SPEAK

IS IT TRUE?

Speak honestly.

IS IT KIND?

Show care and respect.

DOES IT HELP?

Consider what the listener needs.

PUT IT INTO PRACTICE

In the group chat: Skip the joke that embarrasses someone. Try: "Let's not make fun of them."

When you're angry: Explain the problem without insults. Try: "I'm upset. Please ask before using my account."

When a friend feels defeated: Offer encouragement. Try: "I know you worked hard. I'm here for you."

SCRIPTURE SPOTLIGHT

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Ephesians 4:29 (NIV)

MEMORY VERSE CHALLENGE

"...only what is helpful for building others up."

FAMILY CHECK-IN

Ask your child:

1. How can words build someone up?
2. What can you say when you are angry?
3. Who needs encouragement this week?

THIS WEEK'S CHALLENGE

Build someone up each day with a kind word, encouraging message, thank-you, or sincere apology.

NEXT LESSON: When I Feel Left Out

Prayer: God, help our words show kindness and build others up. Amen.