



Use this guide to help your family learn how God wants us to live with self-control.

**Self-control:
Choosing to
do what you
should even
when you
don't want to**

Memory Verse

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

Bible Story

Choose Your Words Carefully
Proverbs 12:18

Key Question

How can words make things better?

Activity

Idiom, Um?

What You Need:

No supplies needed

What You Do:

Explain what an "idiom" is. Tell your child, "An idiom is a common phrase which means something different from its literal meaning, but we can understand it because of the way it's commonly used."

Give an example of an idiom that you think your child would understand, such as, "beat around the bush" (meaning to avoid talking about something important) or "on cloud nine" (meaning being very happy).

Read the following idioms and allow your child to guess their meaning. Keep track of how many they correctly guess. As you go, ask your child if they've heard these idioms before.

Idioms:

- "speak volumes" (*to represent/display*)
- "speak out of turn" (*to say something inappropriate*)
- "not on speaking terms" (*to have a disagreement with someone*)
- "so to speak" (*that an expression is not literal*)
- "speak well/ill of" (*compliment/criticize*)
- "speak the same language" (*to agree or think alike*)
- "speak up" (*to talk louder*)
- "speak out" (*to make public an opinion or complaint*)
- "speak your mind" (*to say what you're thinking or believe*)
- "speak for yourself" (*say your own opinions*)
- "spoken for" (*taken, claimed, belonging to someone*)
- "speak up for" (*to defend someone else*)

Talk About the Bible Story

How can you remember to THINK before you SPEAK?

What are some examples of helpful/kind words versus words that cut like swords?

Just because something is true, does that mean it's okay to say it? Why or why not?

Parent: Share about a time when you did NOT think before you spoke. What happened?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we know that our words are important, because our words show others what is in our hearts. Please help us to choose our words carefully so that we can show each other love and healing . . . instead of causing harm. We pray that You would remind us of this throughout the week. Amen."