



First, watch
this week's
video!

Make Waves:
What you
do today
can change
the world
around you

Memory Verse

"God began a good work in you. And I am sure that he will carry it on until it is completed. That will be on the day Christ Jesus returns."
Philippians 1:6, NIV

Bible Story

Taming of
the Tongue
James 3:1-6

Key Question

What can happen
when you lose
control?

Use this guide to help your family learn how God's Spirit can help us "make waves."

Activity

Facial Freeze

What You Need:

a mirror

What You Do:

Take turns reading each scenario below. Make a facial expression that would represent your feelings for the scenario—and freeze. (The more dramatic the facial expression, the better!)

Stare at your reflection until the other player counts to five. If you can complete the task without laughing, you earn a point. The person with the most points at the end of the game wins.

Scenarios:

- You are a fish.
- You are furious.
- You are ready to sneeze.
- You have a mouth full of marshmallows.
- You got caught doing something you shouldn't.
- Someone just splashed cold water on your face.
- You are a very loud opera singer.
- You stubbed your toe.
- You just won a million dollars!
- You just ate an entire lemon.

When you're finished, declare a winner.

Say, "It took a lot of self-control to make those poses and not burst out laughing! We know that self-control is much bigger than simply holding a pose in front of a mirror for a few seconds. But God's Spirit can help us stay in control of our words and actions."

Talk About the Bible Story

What does it mean to have self-control? (*choosing to do what you SHOULD even when you don't want to; having the power to resist saying or doing what you WANT to say or do when those things could hurt others*)

What typically happens when one friend in a group loses self-control? (*Everyone loses self-control.*) Have you seen that happen before?

How can you and your friends help each other stay in control? Do you think you need help from each other?

Parent: Share about a time when you lost your temper and later regretted your words or actions in that moment. What would you say to help someone else avoid the choices you made in that situation?

Prayer

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

"Dear God, we know that when we put our faith in Jesus, we have the Holy Spirit to help us live for You. Give us the power we need to control our words. Help us to say things that will build up and encourage others, instead of words that tear others down. We need Your help—not only with our words, but also with the choices we make and the things we do. Please help our words and actions start a wave of change that makes a difference for You. In Jesus' name, amen."