

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

DAY 1

## Read James 3:2

This week is all about self-control. Self-control is choosing what you should do, not what you want to do. And that is not easy, especially when it comes to the words we say. If we're not careful, if we say what we want to say instead of what we should say, we can hurt others. That's why controlling our tongues is so important. Because words can hurt. And once an unkind word is spoken, you can't get it back.



### Waves of Words

With an adult's permission, fill a plastic bin with water and take it outside. Gather some pebbles, small rocks or sticks. Drop one of the items in the bin. What happened? The water moved, right? Did ripples form outward from the rock or stick?



Words make a difference. They can hurt or heal. They can calm a situation down or stir it up and make it worse.

Ask God to help you show waves of self-control and choose kind words that heal and help.

DAY 2

## Read Titus 3:2

### TRUE or FALSE

Horses can sleep lying down and standing up. \_\_\_\_\_

Horses can gallop at around 27 mph. \_\_\_\_\_

A male horse is called a stallion. \_\_\_\_\_

A female horse is called a mare. \_\_\_\_\_

An average sized horse eats around 20 pounds grass or hay a day. \_\_\_\_\_

Did you answer "TRUE" to every single question? Great job!



You'd probably never believe that a small piece of metal, just 5-inches in length, could guide a 1,000-pound animal. Ask an adult to help you look up a picture of a horse bit online. That small piece of metal can help the rider communicate with the horse about where it wants the horse to go or what it wants the horse to do.

Just like a small bit can make a big difference, your tongue can too. The words you say can make a situation better or much worse. Thankfully, when we ask, God will give us the self-control we need to control our tongues.

DAY 3

## Read James 3:4-5

### Rudder, What Art Thou?

Do you know what a rudder is? A rudder is a flat piece that is hinged vertically to the back of a boat or ship used for steering. When the rudder is turned, the force of the water increases on one side and decreases on the other causing the stern or back of the boat to turn, which ends up turning the whole boat.

With an adults' permission, check out this link with pictures of a sailboat and its parts. <https://bit.ly/3tYLYTg>

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Though a big ship can be tossed and turned by strong winds, it can also be steered by a small rudder. The same is true of our tongues. Your tongue can get you into a lot of trouble.

It's not easy but God has promised to help us have self-control. So this week, think about that small ship's rudder. And ask God to steer you toward words that help instead of words that hurt.

DAY 4

## Read Ephesians 4:29

In a day, how many words do you think you speak? 1,000? 2,000?

Write your guess in the blank. \_\_\_\_\_

The average adult speaks \_\_\_\_\_ words a day! (*Check the upside-down answer below.*) Can you believe it?

As a kid, you might not use quite that many but still, that's a lot of words. We use words to let others know how we feel, to ask for help, to ask questions, and to share information. And you have complete control over all of them. You have the power to stop yourself from saying something that isn't helpful, true or kind. You have the power to choose words that build others up.

### Tongue-tied Verse

1. Head to the bathroom and stand in front of your mirror.
2. Grab your tongue and repeat today's verse.
3. Then ask God to help you choose words that build others up, meet their needs and help those who listen.

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15,000 to 17,000

God gives you the power to have self-control.