

# Growing Together

## Part 1

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

The Holy Bible: New International Version (Grand Rapids, MI: Zondervan, 1984)

### Rotten Words

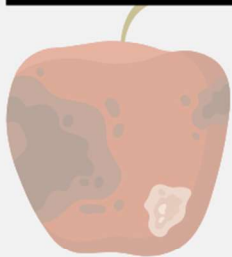


The Bible Speaks:

The Bible Speaks:



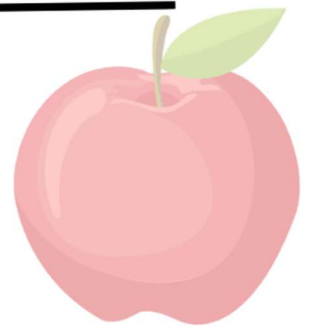
The Bible Speaks:



The Bible Speaks:



### Healthy Words

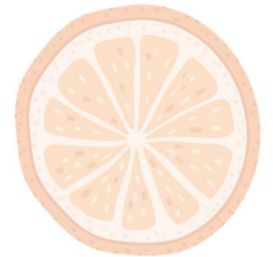


The Bible Speaks:

The Bible Speaks:



The Bible Speaks:



The Bible Speaks:



### My prayer:

Lord, please help me to not say things that are rotten. Help me to only say good things that help people to grow and be healthy. Amen.

## **Tips for completing your worksheet at home with help from an adult:**

- Choose a word that you'd like to hear the Bible speak about.
- Think about what the word means and how it makes you feel.
- Ask an older person to help you find some Bible verses that speak about that word by:
  - telling you some verses they've already learnt
  - using the internet to search  
(For example: "Bible verses about complaining")
  - using a concordance  
(That's a book that has lists of verses which speak about the word you looked up. Some Bibles have a concordance at the back!)
- Write the Bible verse or verses in "The Bible Speaks" box next to your word.
- Think about what the Bible is saying about the word you chose. Does God ask you to do it or command you to not do it? Why do you think that is?

**Do this for as many words as you like!**

### **To finish:**

- What can you do if you feel like saying something rotten?
- What helps you to feel like saying good things?
- What can we do if we mess up?

**Spend some time talking to God about what you've learnt and ask for His help to put it into practice!**