

REFLECTION IDEAS

Words, words, words

Proverbs chapter 15 verse 4; James chapter 3 verses 4 to 6

This GenR8 Connect looks at the importance of the words that we use. The rhyme 'Sticks and stones...' just isn't true. Whether written or spoken, words are powerful and can have a lasting effect. They have power for good and building up; but also the power for damage and tearing down. It's not always easy but we need to be mindful of what we say and write.

Christians believe that we need to fill our hearts and minds with those things that are good, pure, and honourable; this will affect the words that we use and help us to build one another up. We are encouraged to think before we speak.

Reflection

- Is there someone you could help or encourage today by using kind words?
- When you say certain words, they can give you certain feelings e.g. 'chocolate', 'snow', 'holidays', 'school trip'. Think together about how you feel when you hear these words. Maybe 'chocolate' made you feel hungry, warm and fuzzy or it made you imagine your favourite chocolate bar. Likewise, maybe the word 'snow' made you feel cold or excited. Words can change not just people's feelings, but people themselves. For example, at a wedding just a few words change the people from being two separate single people into a married couple! Or in a law court, when a jury or a judge declares someone guilty or not guilty, that person's life is changed forever. Words are powerful.

Links

The Connect video ends with a prayer which has been attributed to St Francis of Assisi. It is about being a positive influence in difficult situations and bringing good rather than bad. A guided meditation for children based on this prayer can be found at <https://www.youtube.com/watch?v=M4G2EJBd3HQ>. Please check this is suitable for your group.

Inspire Prayer Space Activity – Leaving an Impression

Equipment

Slightly damp sand
Trays to put the sand in

Description

The things we say and do leave marks on the lives of those around us. It is impossible to leave no marks, no impressions but it is possible to choose (and change) the marks, the impressions we leave.

Instructions

Smooth the surface of the sand in the tray in front of you and then press your hand into it so that it leaves a clear impression. Whoever we are, and however we live, we all make an impression on the lives of others. How you treat people, what you say, what you do, whether you encourage or criticise, it all makes a difference and leaves a mark.

Who are the people who have made a positive difference or left a good impression on your life? Write an initial for each one in the sand.

What kind of impression are you making today on those around you – family, friends, other people you meet? Is there any way you need to change?

Write in the sand some words that describe the impression you would like to leave. As you do this, you might like to pray to God to ask him to help you leave a positive impression.

inspire
prayer spaces



See below for activity sheet

Adapted from a Prayer Spaces in Schools resource

Words, words, words

'Kind words bring life, but cruel words crush your spirit' Proverbs 15:4 (GNT)

Remember to THINK about the words you use. Are they:

- True
- Helpful
- Important
- Necessary
- Kind?

Make a THINK Flower

- 1) Cut out 5 hearts on coloured paper.
- 2) Write the below one sentence on each heart as shown in the picture:

T - is it true?
H - is it helpful?
I - is it important?
N - is it necessary?
K - is it kind?

- 3) Cut out a circle as the centre for the flower and write the words 'Before you speak' on it.
- 4) Cut out a stem and leaves.
- 5) Using a glue stick create the flower as shown to remind yourself to THINK before you speak.



Can you think of some other good, positive words you can use beginning with each of the letters of THINK?

Have fun with some tongue twisters!

Red lorry yellow lorry

Bertie Bear bought big blue balloons

Tamsin trickily tried to toss ten trays of treacle toffees

Thirty swallows swooping through swaying willows swished their wings

'And a tiny rudder makes a huge ship turn wherever the pilot wants it to go, even though the winds are strong. So also the tongue is a small thing, but what enormous damage it can do.' James 3:4-5 (Living Bible)

Steer the boat to the lighthouse

