

Supplies: Paper, pens, pencil crayons, Bibles

Objective: For girls to understand the true power of their words and their potential to bring life or death into their relationships.

Begin video

Stop @7:25: Small Group Discussion Questions (5 minutes)

1. Why do you think people gossip?
2. How does it feel when you think or know someone has talked about you behind your back?

Stop @11:55: Small Group Discussions Questions (5 minutes)

1. Share about a time when you experienced the negative effects of gossip.
2. Why is it important to get information first hand rather than through the grapevine?

Stop @14:10 Activation (15-20 minutes)

Hand out a piece of blank paper to each girl in your group. Have them write their name at the top of the page. While they are doing that, read this verse to them in preparation for the activity:

"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

Explain to the girls that they will pass the paper around the circle and each person will write one encouraging sentence about them on the paper. If they don't know the girl well, suggest they ask God what He would want them to write.

Now have everyone stand in a circle and invite each girl take a turn standing in the middle, while the others pass around the paper and read what they wrote about that girl. As a group, pray for the girl in the middle and then go on to the next, until all have been in the middle.

Spend a few minutes discussing how it felt to have those words spoken over them.

Stop @15:00 Application (10 min)

Ask God, "Have I been using my words to speak life or death, and why? What motivates me to use my words in a positive or negative way?"

Write down the names of three people you can encourage with your words this week.

Check in with the girls next week about how this went and any stories they might want to share.

Declarations (2 min)

Stand together and speak these truths out loud. Have fun with it!

"My words are powerful and what I say changes the world."

"I can bring life and hope just by what I say."

"I look for the good in others and speak it out."



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