



## WEEK 1

**JAMES 3:5-6 NLT**  
Words can wreck.

## WEEK 2

**PROVERBS 16:24 NLT**  
Words can build.

## THINK ABOUT THIS

**WEEK 1:** Middle schoolers have a very abstract way of thinking. Because of that, they're just beginning to understand the impact that their words can have on other people. Be patient with them as they learn!

**WEEK 2:** Sticks and stones may break my bones but words will never hurt me. Remember that old saying? It's so far from the truth, right? Words are so powerful—in the best and worst ways!

## REMEMBER THIS

*A gentle answer turns away wrath, but a harsh word stirs up anger.*

PROVERBS 15:1 NIV



**DO THIS**



**MORNING TIME**

It's easy to forget the power of our words—no matter how old we are! As your kids leave for school today, remind them to use their words to build someone else up. Tell them that you're going to try and do the same thing, too!



**DRIVE TIME**

Play song wars with your kids in the car this week! You pick the first song to play. Then, have your student pick the next one. Keep taking turns picking songs throughout your drive time, trying to top one another's song choices as you go.



**MEAL TIME**

When's the last time your family intentionally encouraged each other? During a meal this week, make the time to do just that! Go around the table and have each person say one positive thing about the person sitting to their right.



**BED TIME**

Share a story about a time that someone used their words either to wreck you or build you up. It's important that your kids hear your stories so that they believe you can understand the way they feel right now.

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