

Mount Zion - Children's Church News

We are learning, loving and serving God together!

May the Lord bless your family this New Year. May your hearts be filled with renewed love, joy and peace to serve Him and reach out to those in need.

If you have any questions or concerns please feel free to speak with me or email me (address below).

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Jan.'s Theme: Use your words wisely.

Underlying Concepts:

- **Every day we have a choice in the words we use.** Will we use words that encourage others? Or will we use words that discourage people? Will we use words that are kind? Or will we choose to allow mean words to come out of our lips? Will we tell lies or say the truth?
- On our mission to **be an example of Jesus** we must think about our words.
- **Forgiveness** is the perfect example of how we can use our words wisely.
- The Bible says: **And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.** (Colossians 3:17)

Jan. Scripture Memory Verse:

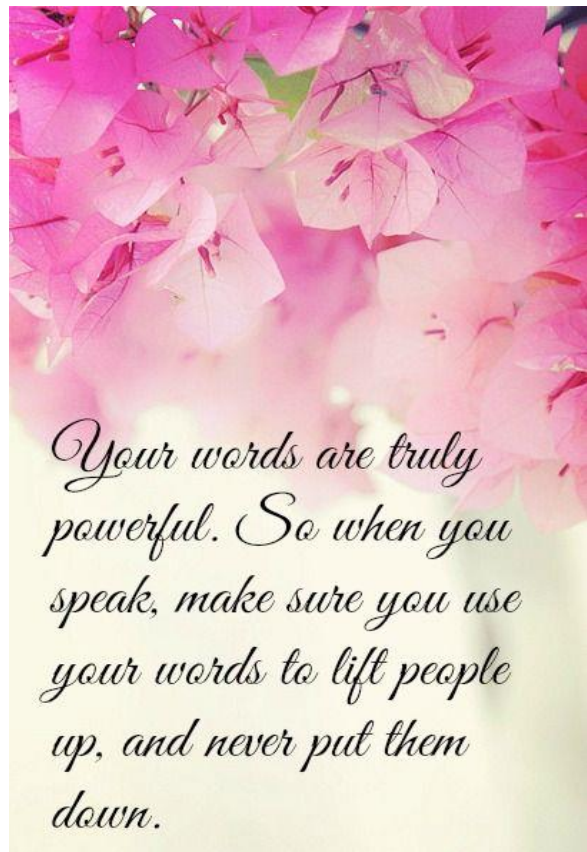
Psalm 141:3

"Set a guard over my mouth, O LORD; keep watch over the door of my lips."

Upcoming Dates/Events:

Happy New Year

What Parents Can Do:



See helpful hints: see next page!

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Helpful hints

Use Your Words Wisely!

Proverbs 18:21 *Death and life are in the power of the tongue, and those who love it will eat its fruits.*

This month we are helping the children to understand that their words can have a big impact on others. The old saying "sticks and stones may break my bones but words can never hurt me" is perhaps one of the most false statements ever made. Unfortunately we can all recall a long ago hurtful word that was spoken to us. Our words are powerful and can be life changing. Do you remember that one word of encouragement that was said at just the right moment or that word of praise that acknowledged your hard work? Let us teach our children to be more mindful of their speech especially when we realize what our words can do.

Some things to consider:

- **Make your children aware of their speech.** Sometimes all it takes is a few moments of addressing your children when you hear them say something inappropriate. Ask them some questions: Are your words filled with love, are you lifting someone up? Are you bringing a blessing or complaint? Are you being supportive? How do you think your words feel to the other person?
- **Think before you speak:** Children tend to be thoughtless with their words. Encourage them to stop and think about what they are saying before they say it. Angry words cannot be taken back.
- **Watch your tone:** It's not only the words you say but also the way you say it that can greatly affect a person. Teach your children that sarcasm is never okay. Yelling does not produce positive results. I read a quote recently from a man who said; "When you yell at someone, who hears it more: you or them? You're only hurting yourself by being angry."
Having a pleasant, respectful voice always draws people to you.

Some scriptures to meditate on:

Ephesians 4:29 "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."

Proverbs 16:24 "Gracious words are a honeycomb, sweet to the soul and healing to the bones."

Proverbs 21:23 "Whoever keeps his mouth and his tongue keeps himself out of trouble."

Psalms 19:14 "May these words of my mouth and the meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer."

Proverbs 15:1 "A soft answer turns away wrath, but a harsh word stirs up anger."

Our words and actions lead others to Jesus. When we train our children to "set a guard over their mouths" (Psalm 141:3) we allow Jesus' light to shine through.

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