

# great EXPECTATIONS WEEK 2

## Read Ephesians 4:29

**FIND A WAY TO GET YOUR HANDS DIRTY—EITHER BY GOING OUTSIDE TO RUB THEM IN THE DIRT, OR (WITH A PARENT'S HELP) POURING SOMETHING LIKE COCOA FROM THE KITCHEN ON YOUR HANDS.**

Have you ever been around someone who always seems to be mean, calling names, or talking about other people when they aren't around to hear? How does it make you feel to be around someone like that? Kind of dirty, right?

But what about being around someone who's the opposite: someone who is friendly, helpful, and cheers for you when something good happens?

**WASH YOUR HANDS WITH SOAP AND WARM WATER, TAKING TIME TO LATHER THEM UP, RINSE THEM WELL, AND DRY THEM. THAT LOOKS AND FEELS MUCH BETTER, DOESN'T IT?!**

The next time you're tempted to be negative or say something bad about someone, think about how good it feels to have clean hands (and hearts).

**THANK** God for someone in your life who is really positive and loving.

Day 1

Day 2

## Read Proverbs 12:18

Life is messy, and sometimes people do things that hurt us—sometimes on purpose, sometimes by accident. How we respond can either help heal things and keep our relationship strong, or it can hurt it more and make things worse. Fill in the blanks below and read the wise responses out loud.

**YOUR TEAMMATE STRIKES OUT, LOSING THE GAME FOR YOUR TEAM.**

Reckless: Man, I can't believe you did that!

Wise: \_\_\_\_\_

**YOUR BROTHER DROPS AND BREAKS YOUR IPOD®.**

Reckless: \_\_\_\_\_

Wise: Oh wow, that totally stinks. But I know it was an accident. Can you help me do some extra chores to earn the money to get another one?

**YOUR MOM FORGETS TO SIGN YOUR PERMISSION FORM FOR THE FIELD TRIP.**

Reckless: You're always forgetting stuff!

Wise: \_\_\_\_\_

**ASK** God to help you speak wise words that heal.



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day 3

## Read PROVERBS 16:24

What's your favorite sweet thing to eat? Chocolate? Ice cream? Cake? Whatever it is, if you've had a really bad day, it can feel really great when your mom makes something special or a friend shares your favorite treat, doesn't it?

Did you know your words can bring a kind of healing touch to others? It might not seem like a big deal to you to tell the newest kid on the team, "Good game!" or to say to your little sister who forgot some of the words to her solo that she sounded good anyway. But to the person who is hurting, your words can bring healing sweeter than any dessert.

**LOOK** for ways to use your words to sweeten the day of those around you.

day 4

## Read Psalm 19:14

Did you know that it is possible for us to please God with the words we say? That's a lot of responsibility, but it's also a great challenge isn't it? The Bible says we can bring pleasure to God with the things that come out of our mouths. And when we're responsible with our words, we not only please God, but we prove to others that we can be trusted too.

In order for the right words to come out of our mouths, our hearts and minds need to be full of the right things first. What are some ways to fill our hearts and minds with good things so we can please God with our words and thoughts?

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**KNOW** that God can give us the power to be responsible with our words—we just have to ask for help!