



the week of

November 30 – December 5



DAY ONE WISE WORDS Read Proverbs 18:12

You and I have no idea what's at stake when we encourage people. When we use our words to bring healing instead of pain, we have no clue how that will impact someone's school year, relationships, and future. When it comes to our words, we think that what hangs in the balance is someone's mood. We think it's about making someone feel good or feel bad. And while that's part of it, there's so much more at stake.

Our words can be the difference between hurt and healing. Between life and death. It's like the difference between a campfire and a house fire!

Words have more power than you think, so it would probably change things around you more than you think. There are few things in the world more powerful than words. So don't miss the opportunity to use yours to say something life-changing to someone else.

You don't have to be someone's best friend to notice their talent, style, or humor. All you have to do is notice something worth pointing out. And again, you probably notice stuff like this a lot. So why not say it? **Don't keep your nice thoughts to yourself.**

IN YOUR CHAIR TIME TODAY

As you invite God into your day, take a moment to listen to the song *Speak Life* by Toby Mac. Think about the lyrics and remember that most people don't take the time to say nice things. But what if some of you took the challenge? How different would things be around you if some friends, classmates, and members of your small group put this into practice? What if you decided that anytime you thought something nice about someone else, you just said it?

DAY TWO Read Proverbs 18:18-21

Read the passage and then choose one verse/thought related to your words and answer one of these three questions:

1. What does it say about God?
2. What does it say about you?
3. What does it say about others?

As you spend time in the Chair today, think about God's words and their importance and respond appropriately to what you read.

DAY THREE WORDS CAN HEAL Read Colossians 3:12-15

Our speech is one way we demonstrate that we are putting to death what belongs to our *earthly nature* and, instead, acting as *God's chosen people* (Colossians 3.5, 12). Take a look at these two lists from Paul's letter to the Colossians:

- Our earthly nature: *anger, rage, malice, slander, and filthy language* (v. 8)
- The way of Christ: *compassion, kindness, humility, gentleness, and patience* (vs. 12-14)

One list causes damage and the other brings healing and wholeness. Rather than make situations worse and inflict pain, our speech should mend broken relationships and offer hope.

IN YOUR CHAIR TIME TODAY

As you invite God into your day, take a few moments to begin memorizing Proverbs 16:24. As you interact with people in frustrating situations (e.g., a dissatisfied friend, an irresponsible driver, a demanding parent), think of how your words can “heal” the situation. In the moment, before you speak, offer a brief prayer to God, asking for his wisdom to respond as a Jesus-follower should.

DAY FOUR Read Genesis 45:1-8

Read the passage and then choose one verse/thought related to your words and answer one of these three questions:

- Is there a sin to avoid?
- Is there a promise to claim?
- Is there a command to obey?
- Is there an application to make?
- Is there something new about God?

As you meet with God today, talk to Him about what you read/learned and respond appropriately to it.