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**Step 1: Watch the lesson video and fill in the blanks.**

Words can be toxic. Whether it's the hurtful words we say, or the harmful things that people say to us, words are powerful. In this lesson, we talk about how to deal with our toxic words.

Words are \_\_\_\_\_.

We don't have the power to \_\_\_\_\_ our words.

Only \_\_\_\_\_ can help us with our words.

Use your words to \_\_\_\_\_ people every \_\_\_\_\_ you get.

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**Step 2: Talk about it with your group or mentor.**

1. Share an example of how someone's words encouraged you. Or, share an example of how someone's critical words discouraged you.
2. Describe a time when your words got you in trouble with a friend or with your parents.
3. Why do we use toxic words even when we know there will be consequences for us?
4. Read Ephesians 4:29. How do you know if your words are "good and helpful"?
5. How can we apply these principles about our words to what we write on social media?

*Get more tips on small groups and mentoring @ [pursueGOD.org/youth](http://pursueGOD.org/youth).*

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**Step 3: Apply it to life.**

- ☐ Write a personal action step for today.

