

# ***Tell the Truth***



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How big is your tongue? It's probably not very big. How much trouble can your tongue cause? Lots!

Make a list of some bad things you can do with your tongue:

- 1) Lie to your mother - this is the same as speaking deceit
- 2) Say mean things to your brother or sister
- 3) Argue with your dad
- 4) Whine and complain

The Bible says these aren't just bad things, they're evil. And the problem isn't just with your tongue, it's with your heart. The things we say come from the attitude of our heart (Mark 7:21-13). If we are selfish, unkind, and deceitful in our hearts then we will say things that are selfish, unkind and deceitful. But when we trust in Jesus, God changes our hearts and helps us speak words that are pleasing to him; words that are true and kind.

Ask your dad or mom to help you do the following:

- ☆ Think of where you are regularly tempted to use your tongue for evil.
- ☆ Pray and ask God to help you change the attitude of your heart and to keep your tongue from evil.
- ☆ Memorize Psalm 34:13. Use this verse to remind you to speak in a way that is pleasing to God.

God is always good and true and kind. And he wants us to be like him, to use our words to speak the truth. God's ways are always the best ways. Let's trust in him to help us as we grow in godly speech.