CLEAN AND UPLIFTING SPEECH

PURPOSE
To help listeners better understand the importance of using clean and wholesome language

MATERIALS
- Paper and pencil
- A watch or a timer
- Scriptures

LESSON IDEAS
1. Begin by telling listeners you are going to play a game called “Forbidden Words” (suitable for children 7 and older). The rules are:
   a. A person is sent out of the room while the rest of the group selects an everyday word (for example: happy, spoon, school, etc.) Avoid picking a word like ‘the’ or ‘a’ because the person will quickly figure it out.
   b. When the person returns to the room the group begins to have a conversation with him/her. The purpose is to get the person to say the selected word as many times as possible. Each time the person says the word a group member puts a minus point on the paper and lets the person know that something he/she just said is ‘forbidden’.
   c. Each conversation should last around 2 minutes. If the person can guess the selected word within the 2 minutes and not say it again, all of the minus points are erased.
   d. The winner is the person with zero or the lowest number of minus points.

2. Explain that some words are ‘forbidden’ because:
   a. They are not pleasing to our Heavenly Father.
   b. They can hurt another person’s feelings.
   c. They can cause the Spirit of the Lord to leave.
   d. (You may want to discuss what these words are)

3. Read James 3:2-10 and discuss the importance of controlling our tongue.

4. Testify how pleased Heavenly Father is and how happier we are when we use clean and wholesome speech.