Walking in Kindness: A 7-Day Study on Children Avoiding Gossip and Mean Words



Explore how children can cultivate kindness by avoiding gossip and mean words through biblical wisdom and loving actions.





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Introduction

Welcome to this 7-day journey focused on guiding children to embrace kindness by steering clear of gossip and hurtful speech. In today's world, words carry immense power—they can either build up or tear down. As the Bible teaches, words reflect the heart and shape relationships with friends, family, and others around us.

Throughout this study, we will discover key biblical principles that motivate children to choose kindness, honesty, and grace in their speech. We'll look at how God views our words, the impact of gossip and mean words on others, and the blessings that come when we speak life and encouragement. Each day offers a scripture to anchor our reflection, supportive verses to deepen understanding, and thoughtful questions to help internalize this important topic.

By using simple but powerful biblical truths, this study empowers children to develop habits that honor God and foster loving friendships. Every child has the ability to be a peacemaker and a light in their communities by choosing words that uplift rather than harm.

Let's embark on this adventure together to build hearts that speak kindness and feet that walk in God's love. As we grow in grace, we will learn to overcome the temptation of gossip and mean words and instead become champions of truth and love.









Day 1: Power of Words







Your Verse

Proverbs 18:21 - "The tongue has the power of life and death, and those who love it will eat its fruit."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths... but only what is helpful for building others up."
- James 3:5 "The tongue is a small part of the body, but it makes great boasts."





Devotional: Understanding the impact of our words

Words carry incredible power. They can encourage a friend who feels lonely or hurt someone deeply without realizing it. Proverbs 18:21 reminds us that our words have the power of life and death—meaning they can bring blessing or harm. This first day teaches children to realize the great responsibility they have with every word spoken.

Not all words are created equal. Ephesians 4:29 encourages us to avoid unwholesome or harmful talk and instead focus on speech that builds others up. When we use words to encourage and build friendships, we follow God's loving example. James 3:5 highlights how something so small as the tongue can make a big difference, so we must be careful.

Today, ask yourself: How can I use my words to help others? What can I say to bring happiness and peace rather than sadness?





Reflect and Apply

1.	Can you think of a time when words hurt you? How did it make you feel?
2.	Why do you think the Bible compares words to life and death?
3.	How can you remember to choose helpful and kind words during the day?





Journaling Prompts

1.	Write about a time you said something kind to a friend.
2	List five encouraging words or phrases you want to use this week.
3.	Describe how words can affect someone's heart.







Prayer for Today

Dear God, thank You for teaching me how powerful my words are. Help me to use them wisely and kindly today. Teach me to speak life and encouragement to my friends and family. Please guard my tongue from saying anything hurtful or mean. Fill my heart with kindness so my words reflect Your love. Thank You for being patient with me as I learn. In Jesus' name, Amen. 🙏 😊















Your Verse

Proverbs 20:19 - "A gossip betrays a confidence; so avoid anyone who talks too much."

Supporting Scriptures

- Leviticus 19:16 "Do not go about spreading slander among your people."
- Psalm 34:13 "Keep your tongue from evil and your lips from telling lies."





Devotional: What gossip really means and why to avoid it

Gossip is when we talk about others behind their backs, often sharing things that can hurt their reputation or feelings. Proverbs 20:19 tells us that a gossip betrays a confidence, which means trust is broken. When trusted secrets or stories are shared without permission, it causes pain and damages friendships.

God doesn't want us to participate in gossip. Leviticus 19:16 commands us not to spread slander or harmful talk among others. This means we should protect people by speaking truthfully and kindly, not tearing them down with words.

Psalm 34:13 reminds us to keep our tongues from evil and our lips from lying. Gossip often includes exaggerations or untrue statements, so avoiding it helps us obey God's commandments and love others well.

Today is a day to think about how not only what we say but also what we choose not to say can protect or hurt people.





Reflect and Apply

1.	Can gossip ever seem harmless? Why or why not?
2.	How does gossip affect friendships and trust?
3.	What can you do when someone starts to share gossip around you?





Journaling Prompts

1.	Write about a time you heard gossip and how you felt.
2.	Make a list of ways to respond kindly when someone wants you to gossip.
3.	Describe what trust means and why it's important.





Prayer for Today

Lord, help me to resist joining in gossip. Please teach me to keep others' stories and secrets safe. Give me courage to say no when someone wants me to speak unkindly about others. Help me to use my words for kindness and truth, protecting others rather than hurting them. Thank You for teaching me how to be a true friend. Amen. \bigwedge













Your Verse

Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

Supporting Scriptures

- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."
- Ephesians 4:15 "Speak the truth in love, growing in every way more and more like Christ."





Devotional: Choosing love in every word we speak

God calls us to use our words wisely and lovingly. Colossians 4:6 encourages us to let our conversations be full of grace—meaning kindness and forgiveness—and 'seasoned with salt,' or thoughtful care, so that we speak not only truth but also love.

This day's focus is on how love changes the way we talk. Proverbs 15:1 teaches that gentle answers can calm anger and help others instead of making things worse. When we speak with kindness, we reflect Jesus' heart.

Ephesians 4:15 reminds us to speak the truth in love and grow to be more like Christ. Sometimes telling the truth means we must be careful to do it kindly, helping others without hurting them.

When we choose love in our words, we bring peace in places where there might be hurt or sadness. This helps friendships to grow and creates a community where everyone feels safe.





Reflect and Apply

1.	How do kind words affect the people around you?
2.	What does it mean to speak the truth in love?
3.	Can you think of a recent time when gentle words helped a situation?





Journaling Prompts

	Write about a time when someone spoke to you with kindness and how that made you feel.
2.	List ways you can add 'seasoning' or kindness to your words.
3.	Describe how you can tell the truth and still be loving.





Prayer for Today

Dear God, please fill my heart with love so my words can be gentle and kind. Help me to speak truthfully but always with grace, so I bring peace and joy to those around me. Teach me to choose words that reflect You and to be a light in my school and home. Thank You for loving me and helping me grow. Amen. 🙏 💝 💬 😊





Day 1. C

Day 4: 🎔 Building Friendships with Respect





Day 4: 🎔 Building Friendships with Respect

Your Verse

Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."

Supporting Scriptures

- 1 Peter 4:8 "Above all, love each other deeply, because love covers over a multitude of sins."
- Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."





Day 4: 🎔 Building Friendships with Respect

Devotional: Respect as the foundation of true friendships

Respect and love go hand in hand in strong friendships. Romans 12:10 encourages us to honor others above ourselves by showing deep care and devotion. When children respect their friends with their words and actions, it forms a solid foundation that gossip or mean words cannot break.

Sometimes it's easy to forget to put others first. Yet, 1 Peter 4:8 reminds us that love covers many wrongs. When friends forgive and support one another, kindness wins over mistakes.

Philippians 2:3 calls us to humility, valuing others above ourselves. This means choosing to avoid mean words or gossip because it hurts others and does not show respect. Instead, we can build each other up and celebrate differences.

When we speak with respect, our friendships grow strong, and we shine God's love in the world around us.





Day 4: 🌣 Building Friendships with Respect

Reflect and Apply

1.	Why is respect important in friendships?
2.	How can showing humility help us avoid mean words?
3.	What are ways to honor friends in everyday speech?







Day 4: 🌣 Building Friendships with Respect

Journaling Prompts

1.	Write about a friend who shows you respect and how it feels.
2.	List ways you can honor friends at school or church.
3.	Describe a time you forgave a friend and why that was important.







Day 4: 🎔 Building Friendships with Respect

Prayer for Today

Heavenly Father, please help me to value my friends and show them respect in all I say and do. Teach me to be humble and loving, putting others first even when it's hard. Thank You for the gift of friendship and for teaching me how to build strong, loving relationships. Help me to be kind and forgiving today. In Jesus' name, Amen. 🙏 💛 🤝 💬











Your Verse

Matthew 12:36 - "But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken."

Supporting Scriptures

- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."
- James 1:26 "If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself."





Devotional: Protecting your heart to control your words

Jesus warns us to be careful with every word we say. In Matthew 12:36, He tells us that we will be accountable for every empty or careless word. This challenges children to realize the importance of thinking before speaking and guarding their words.

The Bible connects guarding our heart with what comes out of our mouths. Proverbs 4:23 teaches us to watch over our hearts carefully because words and actions flow from what is inside us. If we fill our hearts with kindness and truth, our words will reflect that.

James 1:26 reminds us that controlling our tongues is part of living out our faith. If we say we love God but don't watch what we say, we are fooling ourselves. Guarding your heart and tongue means choosing to say things that honor God and help others.

Today is about protecting your heart so your words can be a blessing, not a burden, to those around you.





Reflect and Apply

1.	What does it mean to guard your heart?
2.	How can your thoughts affect your words?
3.	Why is it important to take control of your tongue?





Journaling Prompts

1.	Write about a time you spoke without thinking and what happened.
2.	List ways you can guard your heart from negativity.
3.	Describe how controlling your words reflects your faith.







Prayer for Today

Lord Jesus, help me to think before I speak. Teach me to guard my heart and control my tongue so my words bring life and joy. I want to honor You in everything I say. Thank You for Your patience as I learn to use my words wisely. Please fill my heart with love and kindness today. Amen. 🙏 😂 💪 😐





Day 6: KReflecting God's Character







Day 6: Reflecting God's Character

Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- John 13:34 "Love one another. As I have loved you, so you must love one another."
- Psalm 19:14 "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord."





Day 6: Reflecting God's Character

Devotional: How the Spirit helps us speak kindly

Being kind and avoiding mean words starts with the Holy Spirit living in our hearts. Galatians 5:22-23 lists the fruit of the Spirit—qualities like kindness, gentleness, and self-control—that help us choose good words and actions.

Jesus commands us to love one another just as He loves us. John 13:34 reminds us that God's love is our example and motivation. When we ask the Spirit to fill us, we can reflect God's character in how we treat others.

Psalm 19:14 is a beautiful prayer for our words and thoughts. We want our spoken words and inner thoughts to please God so that we honor Him in all we do. This means turning away from gossip and mean words and choosing instead to bear fruit that shines His light.

Let today be a reminder that God's Spirit helps us live and speak in ways that bless others.





Day 6: 🎇 Reflecting God's Character

Reflect and Apply

1.	How does the Holy Spirit help you speak kindly?
2.	Which fruit of the Spirit do you want to grow most in your speech?
3.	How can remembering Jesus' love change the way you talk?





Day 6: 🎇 Reflecting God's Character

Journaling Prompts

1. Write about a time you felt the Spirit helping you say something kind.
2. List fruits of the Spirit and how they relate to your words.
3. Describe how you can ask God daily to fill your heart with love.





Day 6: KReflecting God's Character

Prayer for Today

Dear Holy Spirit, please fill my heart with Your fruit. Help me speak with kindness, patience, and love. Teach me to show Jesus' love in everything I say, and help me control my words so they bless others. May my words and thoughts always please God. Thank You for guiding me each day. Amen. 🙏





















Day 7: A Living Kindness Every Day

Your Verse

Micah 6:8 - "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

Supporting Scriptures

- Matthew 7:12 "So in everything, do to others what you would have them do to you."
- Luke 6:45 "A good man brings good things out of the good stored up in his heart."





Day 7: A Living Kindness Every Day

Devotional: Putting kindness into daily practice

Our Bible study concludes by encouraging children to live kindness every day. Micah 6:8 reminds us that God wants us to act justly, love mercy, and walk humbly. This means choosing kindness in our words and actions even when it's not easy.

Jesus sums up this attitude in Matthew 7:12—the Golden Rule. Treat others the way you want to be treated. When kids put this into practice, they stop gossip and mean words before they start and create a loving atmosphere.

Luke 6:45 teaches that good words come from a good heart. When we fill our hearts with God's love, kindness flows naturally from our lips. This final day challenges children to keep practicing kindness, guarding their hearts, and living like Jesus every day.

Remember, words can change the world one friendship at a time. Be a voice of hope and kindness wherever you go!





Day 7: 🌈 Living Kindness Every Day

Reflect and Apply

1.	. What does it mean to walk humbly with God in your daily life?
2.	. How can you put the Golden Rule into action at school or home?
3.	. What habits will help you keep kindness alive in your speech?





Day 7: 🌈 Living Kindness Every Day

Journaling Prompts

	Write a plan for how you will practice kindness with your words this week.
2.	Describe how treating others with mercy changes your friendships.
3.	Reflect on how walking with God helps you speak kindly.







Day 7: A Living Kindness Every Day

Prayer for Today

Father God, thank You for teaching me how to live with kindness in my heart and words. Help me to act justly, love mercy, and walk humbly with You every day. Please guide me to treat others the way I want to be treated and to speak words that bring light and hope. May my life always reflect Your love. Amen.















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