



WEEK ONE

EPHESIANS 4:29;
MARK 7:15

Choose words that help others,
not words that hurt others.

.....

WEEK TWO

GALATIANS 6:1

Use kindness and love
when you speak up.

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WEEK THREE

JOHN 8:4-5; JOHN 8:7-8;
JOHN 8:10-11

There's more to others than
just our opinions of them.



**REMEMBER
THIS:**

"So God created mankind in
his own image, in the image
of God he created them"

GENESIS 1:27a, NIV



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THINK ABOUT THIS:

Judging others is an easy thing for middle schoolers to do. The way they look, the choices they make, the friends they hang out with, the hobbies they choose, the beliefs they have—there's almost nothing a middle schooler isn't tempted to judge about another person. That's because, in this phase, it's easier for kids to think outwardly and critically about other people than it is to look inwardly and apply that same judgement to themselves. This series, *In My Opinion*, will help your middle schooler recognize this tendency toward judgment, see the negative impact their judgments might have, and encourage them to choose love rather than judgment in relationship to others.



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 DO THIS:



MORNING TIME

Ask your kid if there's someone in their life whose behavior, perspective, or personality they struggle to relate to or understand. Maybe it's a kid at school, a member of their Small Group, someone on their team, or even a member of your family! Encourage your kid to spend time praying for that person this week, asking God to help them understand rather than judge that person.



MEAL TIME

Understanding what it means to believe the best about someone might be difficult for your middle schooler. So this week, take time to talk to them about what that looks like in your life. Share a story about a time you chose to believe the best in someone and how it changed the way you saw and responded to that person as a result.



DRIVE TIME

Take an opportunity this week to talk to your kid about the way you speak to them. Ask them how your words or tone make them feel, especially when you're having a hard conversation with them. Then, think about how you can be aware of or even change the way you use your words the next time you find yourself having that kind of conversation with your kid.



BED TIME

Have everyone in your family take turns building each other up with kind words. Pick one member of your family to be on the receiving end of this kindness each day, and create a way for the other members of your family to share some love with their words over that person this week.

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