



Gospel Light®

HOME DISCUSSION GUIDE
for ages 10-12

FALL B
Lesson 9

Practice Positive Talk

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs.”

Ephesians 4:29

Ever feel like much of what you say to your kids is corrective or negative, reminding them to do their chores or homework, telling them what they could have done better? I made a list of positive things to say to each of my kids and looked for opportunities to tell them to my kids often. It made our home more pleasant. So I decided to have my kids write down some positive things they could say to family members and friends. It seemed forced for them at first, but eventually it became a natural way of talking to others.

Try This:

Text brief positive messages to your child often. “I’m proud of you.” “Good job on your homework today.” “I like your laugh.”