

Discussion Ideas



Choose strategies from the list below to facilitate group discussion.

Connecting Activity

Ask the group to think about how they communicate with their voices, bodies, and eyes. What actions show you are frustrated? Angry? Sad? Happy? Afraid? Have group members take turns saying simple phrases like "Excuse me" or "I'm sorry" communicating these different attitudes.

Discussion Questions

1. How does Chokoza communicate with Bahati? Describe the words and actions he uses.
 - *He is aggressive, mean, threatening.*
2. How does Bahati communicate with Chokoza? Describe his words and actions. How does he finally get his answer across to Chokoza?
 - *His actions say something different from his words; he makes both his words and actions firm in saying "no" to Chokoza.*
3. Empathy is being able to feel and understand what someone else is feeling. How do you think empathy helped Riziki and Bahati make a real apology to Grandma?
 - *They understand Grandma's feelings and feel sorry for hurting her.*
4. ► How do you tend to communicate with others? What impact do your words and actions have on others?
 - ♦ *Consider the effect of encouraging versus hurtful communication.*
5. ► What people or situations make it hard for you to communicate clearly and firmly? How can you communicate more effectively in these situations?
 - *With bullies, facing peer pressure, dealing with anger or other emotions, etc.; speak and act more assertively.*
6. ► How can you use your words and actions to bring encouragement and peace to someone today?
 - *Say or do something kind, write a thoughtful note, etc.*

Personal Growth Activity

Think of a situation in which it is hard for you to communicate assertively. Practice things you might say in this situation with a good friend or trusted adult. Ask for their feedback on your communication style.



☞ Spiritual Application

Read Psalm 141:3. Then ask: Why is it important to guard your mouth?
What power do your words have on others?

☞ Prayer Point

Lead the group in a prayer asking God to set a guard over their mouths.
Pray for courage to communicate clearly, honestly, and respectfully—even when it's hard.

☞ Encouragement

Remind group members that their words and actions are powerful. They can choose to use that power for good. You may want to share about a time when it was hard for you to communicate assertively. Consider reading part of *Grandma's Wisdom* to close the group time.

Grandma's Wisdom

I never knew the half of what my grandchildren had to deal with on the playgrounds and the side roads around Mwangaza. All I know is, they have obviously been tempted, and they somehow have not yet given in to the pressures. Children, I know that you face pressures, too. It takes courage to use words that build people up, not tear them down, to encourage the faint-hearted, and expose the things that are clearly wrong. Be strong and courageous.

