

选择说好话

污秽的言语，一句都不可出口，总是说造就人的好话，叫听见的人得益处。--以弗所书 4:29

嗨，孩子们！看看这台机器，它表面看起来像一台拖拉机，但它的前面有很多轮子，而且它还有两条手臂，看起来又像起重机。你能猜到这是什么机器吗？我想你猜对了，是的，这是播种机。现代农民用它来播种，驾驶它在田里走一圈可以播下许多种子。

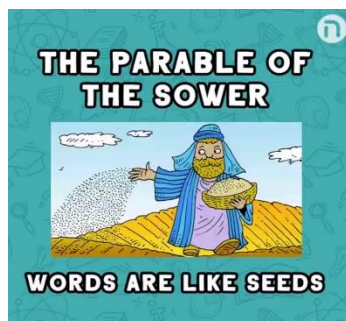


在过去，农民没有使用这种机器，只能用手把种子撒向地里。用手撒种是很辛苦的一件事！农民们一次只能抓起一小撮种子然后扔出去，要不断重复地抓起然后不断地扔出去，一直到走遍整块田地。

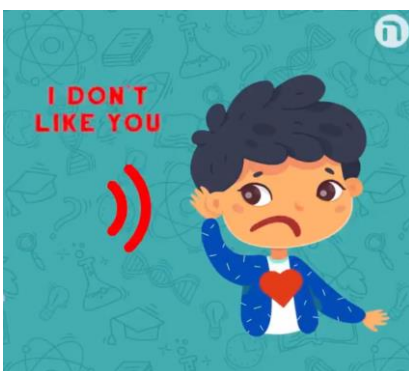
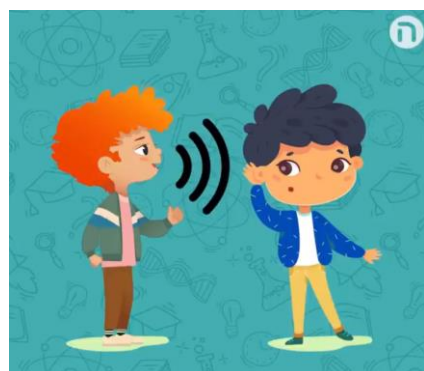
随着时间的推移，耕作方法可能已经发生了很大变化，但有一件事是从未改变过的——就是农民们总是会小心翼翼地选择他们的种子。此时想象一下，假如你是一位农夫，正在为你的土地选择种子，你会选择好种子还是坏种子？毋庸置疑，当然是好种子啦！好种子会有好收成，坏种子会一无所获。这很容易理解吧：如果你想要一个好收成，就不要使用坏种子；为了一个好的收获，要选择好种子！



你知道吗？我们每天都在撒种的哟！此时你们中的一些人可能会想：“嗯？？我又不住在农场，怎么可能在撒种？”啊哈...但是你还记得“撒种者的寓言”这个故事吗？在这个故事中，我们了解到“话语”就像“种子”，我们每天在说话时就像是在撒种，因此我们所发出的“话语”就会影响到我们将获得什么样的“收获”。



让我来解释一下：每天，我们都会听到话语进入我们耳朵里，这些话语会影响到我们的思想和感受，有些话令人鼓舞，使我们变得坚强；而有些话令人沮丧，使我们感到很糟糕。噢，天啊！原来话语会离开我们的嘴，进入到听众们的心中，原来我们所说的话也会影响到他人的感受！



那么，我们要选择说什么好呢？是选择说好话，还是不加思索说什么就说什么？就好像撒好的种子会给你一个好的收获一样，我们要选择说好话，这样好事就会发生！例如，鼓励一位正处于挣扎中的朋友，你只需对他/她说一句：“你能行的！”或“不要放弃！”。就是这么简单，但是对于正需要倾听鼓励话语的人来说，这句话会产生效力使得一切将变得不再一样。



如果你意识到这一点，别光想，直接把它说出来！当你看到一位这样情绪低落的朋友时，你可以对她说，“嗨，你还好吗？”或者“别担心，一切都会好起来的。”这表明你关心他们，这或许正是你帮助他们坚持走下去的恰当方式。



那么，当我们选择说坏话时会发生什么呢？你是知道的，说坏话不会带来什么好下场。当你说脏话或诅咒的话语时，这些话语就像垃圾从你嘴里吐出来，你会把自己搞得一团糟；当你说一些刻薄伤人的事或八卦或说别人的坏话时，这些话语就像一把把利箭从你嘴里射出来，你会伤害到别人。



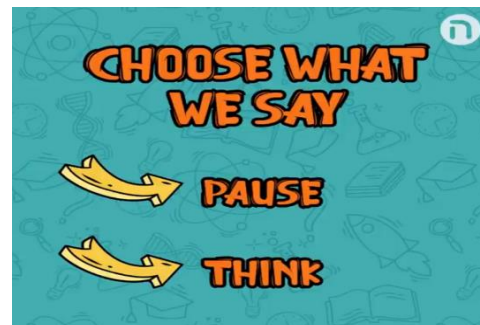
想一想当箭头指向你的时候，你会是什么感受？你有被别人说过的话伤害过吗？也许他们在你背后说悄悄话，又或许他们让你觉得你不受欢迎。这会很不好受，对吧？！所以，当我们说不好的话时，就会有人受到伤害。



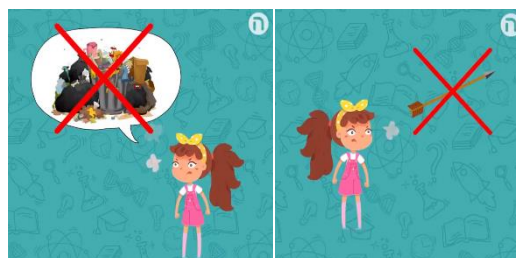
所以，孩子们，要选择说好话，这是很显然的事。我想你们中没有人早上醒来会想：“啊哈！今天我要说一些刻薄的话，让别人不好受！”对吧？问题是，当我们说话时常常不经大脑，导致我们无心说出一些伤人的话来。比如当我们生气的时候，在完全未察觉到之前，我们脑子里愤怒的念头就大声地脱口而出了。



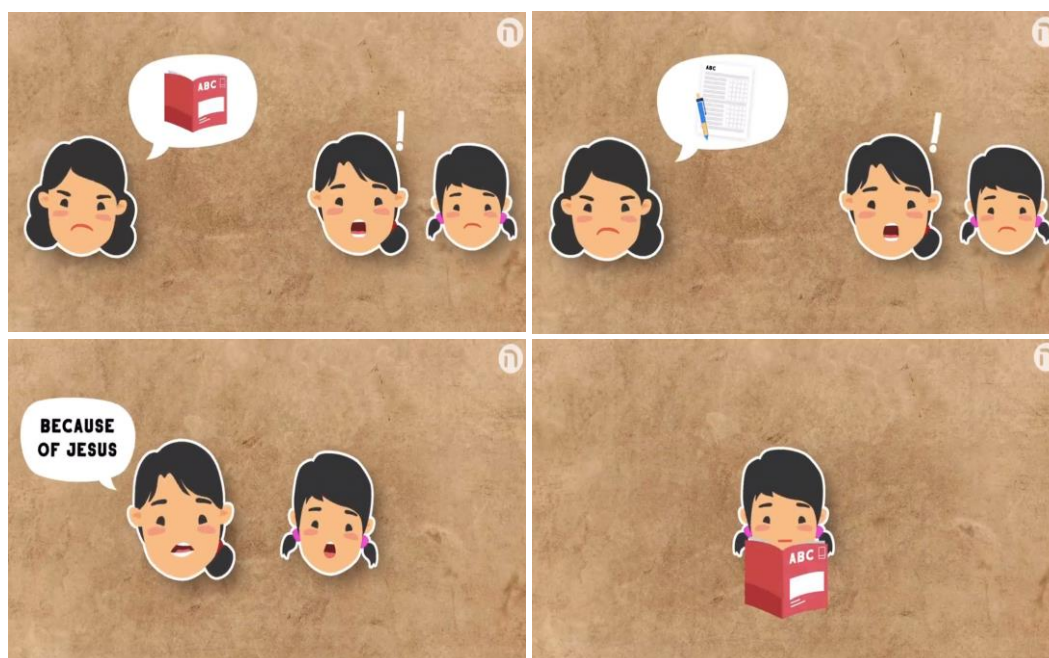
好消息是，我们可以选择我们要说什么。如何才能做到呢？**方法一是：在话说出口前，停一下，想一想要说的...**即使你感到很难过，你也可以选择不说那些刻薄的话；**方法二是：如果没什么好的话，那就什么都别说。**你可以看管好你要说的，每天你都可以选择好的话语。这对每个人来说都是适用的。对你更是如此，因为你属于耶稣，天父使你的话语满带能力。要记得用这个特殊的能力去帮助和祝福别人！



让我们看看圣经对我们所说的话是怎么说的，下面翻到以弗所书 4 章 29 节，你可能也想强调标记一下，这节经文是这样说的：**污秽的言语，一句都不可出口，总是说造就人的好话，叫听见的人得益处。**这节经文告诉我们，我们不应该使用粗言秽语或脏话，这些话语不应该出于我们的嘴唇，我们也不应该使用伤害别人的话，就是辱骂性的语言，相反，神要我们说好的话和有益的话来鼓励人们。当我们说好话时，好事就会发生，人们就受到鼓舞得到祝福。你知道吗？你也会同样得到祝福的，你会结交更多的朋友，从你遇到的人那里得到更多的青睐。当你遵从神话语中的智慧时，祝福就会临到！



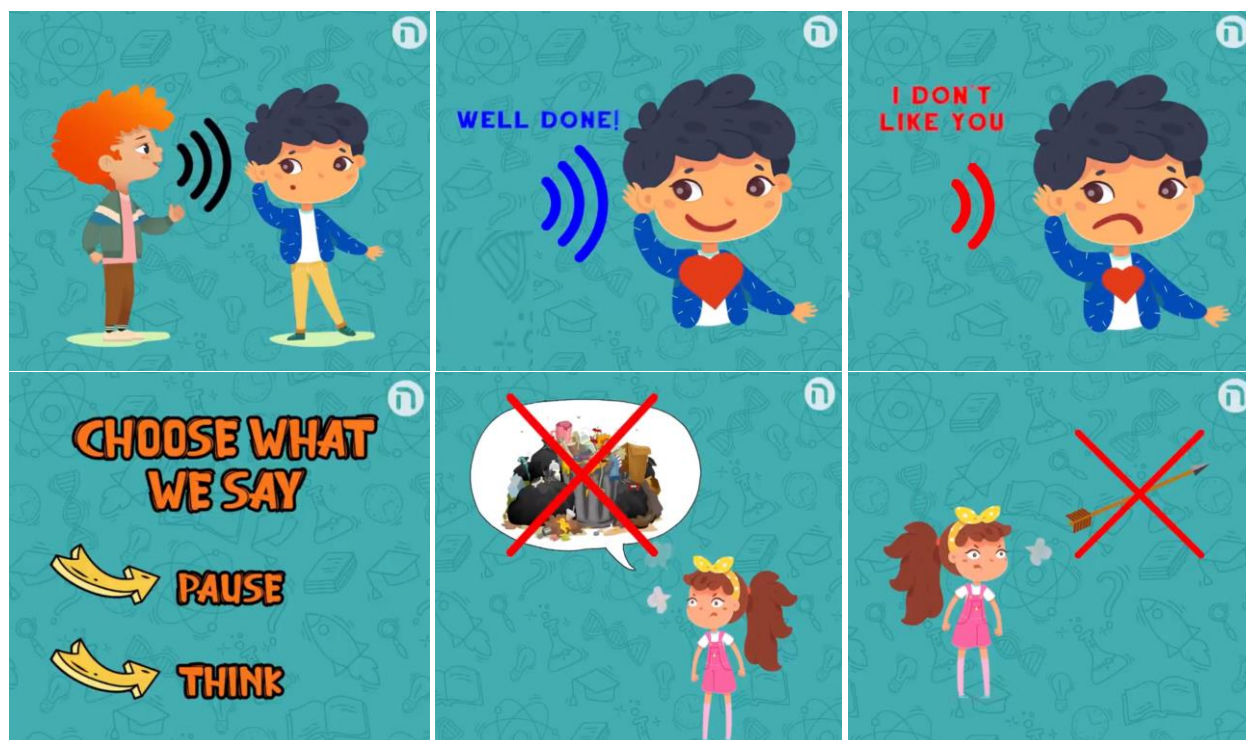
接下来，让我来告诉你，一个位主日学女孩她小时候听到有人说她不好的话语的事情。当时她才5岁，她幼儿园的老师对她妈妈说：“你的女儿无法像其他人一样正常阅读，也无法像他们一样正常书写，她不是一位很好的学习者。”妈妈回答说：“可她还这么小，她会有提高的！”但是，老师只是摇了摇头。小女孩听到这些话感到很难过。“这是真的吗，妈妈？”她问道，“我真的不太聪明吗？”“不是的！”她妈妈说，“那不是真的。你是一个属耶稣的女孩，你可以做任何事情，因为耶稣使你得力！”



有时，当她试图阅读时，其他孩子会嘲笑她，说一些刻薄的话。但每次，她感到难过的时候，她爸爸妈妈就说：“别听他们的。你是一个耶稣女孩，你可以做到的！”她的家人一直坚持对她说积极的话来鼓励她。每次，她在一些事情上做得好时，她爸爸妈妈就和她一起庆祝，并赞美神。你猜结果如何？在她读完幼儿园的时候，她已经是班里的学习佼佼者了！



孩子们，这就是我们今天学到的：**我们可以选择说好的话语！**记得**方法一是：在话说出口前，停一下，想一想要说的！**下次，当你要发言的时候，先暂停一两秒钟，问问自己：这是对别人有益的话还是有伤害性的话？我说要的话是鼓励性的还是打击别人的？要做到选择说好的话语，先要思考我们将要说的，然后再说。**方法二是：如果没什么好的话，那就什么都别说。**这对每个人都适用。但要知道，你不是普通人，你是耶稣的孩子，你说的话满带能力。所以，要选择对别人说好话，也要选择对自己说好话。当我们说好的话语时，我们就会看到好的事情发生！让我们一同祈求天父帮助我们说好话，让我们一起祷告：“**亲爱的阿爸天父，帮助我们在说话之前先想一想。谢谢你教导我们如何说好话！谢谢你，使我们的话语可以帮助和鼓励别人，祝福我们成为别人的祝福！奉耶稣的名祷告，所有孩子们一起说‘阿门’！**”



孩子们，如果你正在听这个故事，你从来没有邀请耶稣进入你的生命，成为你的主和救主，你现在可以这样做，跟着我重复这个祷告：“**亲爱的主耶稣，感谢你为我死在十字架上。你是神的儿子，你死了，也被埋葬，第三天又复活了。你宝血洗去了我所有的罪，使我得以永远与阿爸天父在一起。我请求你现在进入我的生命里，成为我的主和救主，我永远是个义人，永远是有福的，永远是神的孩子。奉耶稣的名，阿门！**”

Choose To Speak Good

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. – Ephesian 4: 29, NLT

Hey, Rock Kids! Look at this machine! It looks like a tractor, but it has too many wheels in front, and it has two arms that look like cranes at the side. Can you guess what it is? Yes. It's seeding machine. Modern farmers use it to sow many seeds in the ground at one go.

In the past, farmers didn't use such machines. Instead, seeds were tossed onto the ground by hand. Sowing their fields by hand must have been really hard work! Grab and toss, grab and toss across every part of their fields! Phew!

Farming methods may have changed a lot over time, but one thing never changes – farmers always choose their seeds with care. Now, imagine you're a farmer choosing seeds for your field. Would you choose this ... or this? Good seed ... or bad seed? Compared side by side like this, the answer is simple. Good seed, of course! Good seeds give a good harvest, while bad seeds give a poor harvest! It's easy to understand: if you want a good harvest, you don't use bad seed. For a good harvest, choose good seeds!

Do you know that we also sow seeds every day? Now, some of you are probably thinking, "Huh? I don't live on a farm. I don't sow any seeds at all!" Ah, but remember the Parable of the Sower? In the story, we learnt that words are like seeds. So if our words are like seeds, then what we say can affect what kind of 'harvest' we will get.

Let me explain: every day, we hear words that enter our ears. They affect how our think and feel. Some words encourage us and make us strong, while others upset us and make us feel bad. Oh dear! Words also leave our mouths and drop into the hearts of those who hear them. What we say affects others too.

So ... what do we choose to speak? Do we choose to speak good or do we simply say whatever we feel like saying? Just like sowing good seeds give you a good harvest, when we speak good , good happens! It can be as simple as encouraging a friend who is struggling. When you say, "You can do it!" or "Don't give up!" It can make all the difference to the person who needs to hear it.

If you mean it, don't just think it. Say it! When you see a friend looking like this ... you can say, "Hi, are you ok?" Or "Don't worry. It's going to be alright." That shows you care and may be just the right thing to help them carry on.

So, what happens when we choose to speak bad? Well, you can be sure that nothing good comes from speaking bad. Some people think that speaking bad means using bad words. It's not the same, but what you get is still not good. Speak bad, get bad! Using bad or swear words is ugly and trashy. When you use swear words or bad words, it's like spewing garbage from your mouth. You mess yourself up. There is nothing good about it at all. And when you say mean and hurtful things – when you gossip or talk bad about others – it's like shooting arrows from your mouth. You wound and injure others.

Think about when the arrows have been directed at you. Have you been hurt by the words people say? Maybe they whispered behind your back. Or maybe they made you feel unwelcome. When we speak bad, people get hurt!

So, Rock kids, choose to speak good. This seems pretty obvious. I mean, none of us wake up in the morning and think, “Aha! I’m going to say mean things today to make someone feel bad!” Right? The problem is when we speak without thinking, That’s when we end up saying hurtful things without meaning to. Like when we get angry. We think angry thoughts and before we know it, we speak them out loud!

The good news is that we can choose what we say. You have a choice. You can pause and think before you speak. You can choose not to say mean things even if you’re feeling upset. In fact, if there is nothing good to say, don’t say anything at all. You can watch what you say. You can choose good words every day. This is true for everyone, but it is even more true for you because you belong to Jesus. God has given you power in your mouth. Use this special power to help and to bless others.

Let’s see what the Bible says about the words we speak. Let’s flip our Bibles to Ephesians 4:29. You might want to highlight it as well. It says, “Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.” This verse tells that we shouldn’t use foul language like dirty words or swear words. These words don’t belong on our lips. We also shouldn’t use words that hurt others. This is what ‘abusive language’ means. Instead, God wants us to speak good and helpful words to encourage people. Good things happen when we speak good words. People are encouraged and they are blessed. And you know what? You will be blessed too. You make more friends and enjoy more favour with the people you meet. Blessings come when you follow the wisdom of God’s word!

Let me tell you about a girl from Rock Kids who heard bad things said about her when she was very little. She was only 5 years old when her teacher told her mom, “Your daughter cannot read like the rest, and she cannot write like them either. She is not a good learner!” The mother said, “But she is still very little. She will improve!” But the teacher just shook her head. The little girl heard these words and felt sad. “Is it true, Mommy?” she asked. “Is it true that I’m not very smart?” “No!” her mom said. “That is not true. You are a Jesus girl, and you can do all things because of Jesus who makes you strong!”

Sometimes, when she tried to read, the other kids laughed at her and said mean things. But each time she was sad, her mom and dad said, “Don’t listen to them. You are a Jesus girl. You can do it!” her family kept speaking good over her and each time she did something well, they celebrated her and praised the Lord. Guess what? By the time she finished kindergarten, she was at top of her class!

Rock kids, this is what we learnt today: we can choose to speak good. You have a choice. You choose by stopping to think about what you say. The next time you speak, pause for a second or two. Ask yourself – “Is this helpful or hurtful? Will what I say encourage, or discourage?” Choosing to speak good starts with thinking about what we say! Finally, what do we do when we have nothing good to say? It’s simple. When there is nothing good to say, don’t say anything! All this is true for everyone, but get this, you are not just anyone. You are a Jesus kid. There is power in what you say. So choose to speak good to others and choose to speak good over yourself. When we speak good, we see good happen! Let’s ask God to help us speak good words. Let’s pray: “Dear Daddy God, help us think before we speak. Thank You for teaching us how to speak good words. Thank you that our words can help and encourage others. Bless us so that we can be a blessing. In Jesus’s name, all of Rock Kids say, Amen.”

Hey Rock Kidz, if you are listening to this story and you've never asked Jesus to come into your life to be your Lord and Saviour, you can do so now. Just repeat this prayer after me, "Dear Lord Jesus, thank You for dying on the cross for me. You are the Son of God, who died, was buried and on the third day, you rose again. Your precious blood washed away all my sins making me forever right with Daddy God. I ask You now to come into my life to be my Lord and Saviour. I am forever righteous, forever blessed, forever a child of God. In Jesus' name," and everyone say, "Amen."