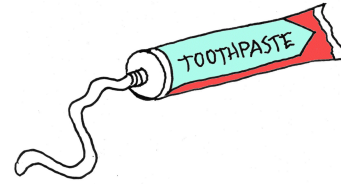


CAN'T GET IT BACK IN

Message: Watch your words

Scripture: Psalm 19:14

Props: A tube of toothpaste and a small plate



I've got something to show you this morning... *(Show toothpaste.)* You know what this is, right? Sure, it's toothpaste. Do you use toothpaste when you brush your teeth? Me, too!

Well, let me tell you about the time a boy named Joey went into the bathroom to brush his teeth. He got out his toothbrush, took the cap off the toothpaste tube *(Take cap off the tube.)* and he began to squeeze a little onto his toothbrush. Is that the way you do it? Me, too!

But he squeezed the tube a little too hard and way too much toothpaste came out and fell into the sink. *(Squeeze a big dollop onto the plate.)* He looked at it and said, "Hey, that was kind of fun!" So he squeezed a whole lot more out into the sink. *(Squeeze a lot more onto the plate.)*

Just then his mom knocked on the bathroom door and said, "Joey? You're not playing with the toothpaste, are you?" Uh-oh! Joey's in trouble!

So Joey took his finger and quickly tried to put the toothpaste back into the tube. *(Take your finger and try to put a little toothpaste back into the tube.)* As hard as he tried, the toothpaste just wouldn't go back in. Do you think we could get all this toothpaste back into the tube? I don't think so! *(Perhaps invite the children to try.)*

Once you get the toothpaste out, you can't get it back in. It's just like hurtful words. If you say something hurtful to someone, it comes out of your mouth and you can't put it back in. Now, we can apologize if we say something mean, but the best thing is to not let hurtful words leave our mouths in the first place.

The Bible says, "Let the words of my mouth and the meditation of my heart be acceptable in thy sight, O Lord, my strength and my redeemer." (Ps. 19:14 KJV)

So next time you brush your teeth, remember: don't let too much toothpaste come out of the tube – and don't let hurtful words leave your mouth, because in both cases you can never get them back in.

Let's pray: Heavenly Father, we pray that the words that we speak and the thoughts that we have will be pleasing and acceptable to You. In Christ's name we pray. Amen.

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