

# BE GOOD

HIGH SCHOOL + MIDDLE SCHOOL LESSON

## INTRODUCTION

The Bible teaches us so much about how to behave the right way. It teaches us how to talk, how to act, and how to treat others and our parents.

## #1 WHAT WE SAY

THEME PASSAGE: **Colossians 4:6**

## IDEAS

**1** Does what we say matter? Read the following verses and explain them:

**Ephesians 4:29**

**Matthew 15:11**

**Proverbs 15:1-2**

**2** How are our words used properly? Consider the story of Peter's sermon at Pentecost in **Acts 2:14-36**.

**3** How are our words used improperly? Consider the story of Peter's betrayal in **John 18:15-27**.

## #2 WHAT WE DO

THEME PASSAGE: **James 4:17**

### IDEAS

**1** Does what we do matter? Read the following verses and explain them:

**Hebrews 6:10**

**Proverbs 11:3**

**James 1:19**

**2** How can our actions be proper? Consider the story of Joseph and his brothers in **Genesis 45**. How do the actions of Joseph provide guidance for you and me?

**3** How can our actions be improper? Consider the story of Joseph and Potiphar's wife in **Genesis 39**.

## #3 HOW WE TREAT OTHERS

THEME PASSAGE: **John 15:12**

### IDEAS

**1** Does how we treat others matter? Read the following verses and explain them:

**Luke 6:31**

**Ephesians 4:32**

**1 John 4:20-21**

**2** How should we treat each other? Consider the story of the woman caught in adultery in **John 8:1-11**. How do the actions of Jesus provide guidance for you and me?

**3** How should we not treat each other? How do the actions of those who accused the woman provide a warning for us about how we treat others?

## **TIPS + INSTRUCTIONS**

Let me give you the following advice: You can never take back something you say or do, so make sure how you act and treat others is respectful, uplifting, encouraging, and morally right. Make sure when you talk, act you follow the simple idea, BE GOOD. To help with that, here are 5 steps so that what you say is good:

**1** Look at your life as a bigger picture than just right now or today.

**2** Control your emotions. Avoid the roller coaster.

**3** Know the routine.

**4** Think a whole lot more than you speak.

**5** Practice, practice, practice because practice makes permanent.