

# WHOLESOME LANGUAGE

The words we use can testify of Christ, comfort the needy, compliment a friend, or express love to a family member. We can also say words that inflict emotional pain, spread gossip, profane, or belittle. Helping your children use wholesome language will bring peace and encouragement into your home. In this month's issue on pages 60–61, Larry M. Gibson of the Young Men general presidency discusses the importance of clean language:

“What we feel in our hearts is what we think about, and what we think about is what we speak about. Thus, it is true that the words we use reflect the feelings of our heart and who we really are. . . .

“Each of us can enjoy the blessings of having the Spirit *always* with us, as promised when we partake of the sacrament each Sabbath day. It will depend on us—on how we act, what we do, and, yes, even what we say.”

## Suggestions for Teaching Youth

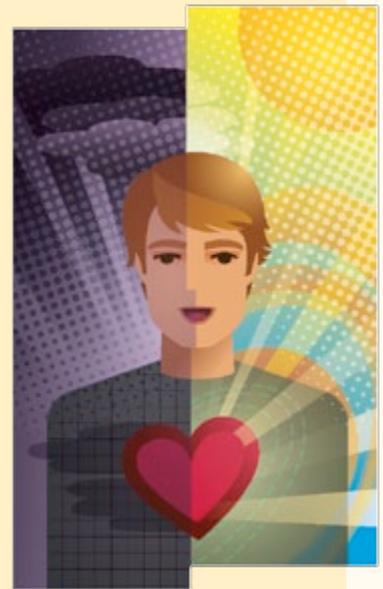
- You could read with your family the section on language in *For the Strength of Youth* (pages 20–21). Discuss what to do

when those around you use bad language.

- Read Brother Gibson's article on pages 60–61. Use his article to set goals to help each other use wholesome language.
- Study and discuss the scriptures listed to the right.
- Read “Choosing Not to Gossip” on page 59 of this issue and talk about the dangers of gossip. Discuss why gossip happens and how to avoid it.
- Watch videos and read youth articles on the power of language. Go to [youth.lds.org](http://youth.lds.org) and click on the “For the Strength of Youth” tab. Click on “Language.” To the right of the page is a “Related” section that features videos such as “No Cussing Club” and youth articles about not putting others down.

## Suggestions for Teaching Children

- Consider reading “The Words We Speak” (Rosemary M. Wixom, *Liahona* and *Ensign*, May 2013, 81); “Those Words” (*Liahona*, Dec. 2011, 60; *Friend*, Dec. 2011, 44); or “A Soft Answer” (*Liahona*, June 2011, 70; *Friend*, June 2011, 32).



## SCRIPTURES ON LANGUAGE

Psalm 34:13–14

Proverbs 10:11

Isaiah 50:4

Matthew 15:11

Ephesians 4:29, 31

2 Nephi 32:2–3; 33:1

Doctrine and Covenants 20:54; 52:16; 100:5–6; 136:23

Talk about how we feel when we say nice things to each other.

- Discuss things you don't say in your home. Set goals to say “please” and “thank you” and give compliments more.
- Talk about how everyone is happier when we say kind things to one another. Sing “Kindness Begins with Me” (*Children's Songbook*, 145) or another song about kindness. ■