

# *If it's Not*

**T**True - **H**elpful - **I**nspiring - **N**ecessary - **K**ind



## *Do Not say it*

**THINK**

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

*Ephesians 4:29*

GrowingFamilies.*Life*

Reaching the Nations One Family at a Time