

If it's Not

TTrue - **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