1. Give everyone in the audience a piece of gum. For large groups, you can only give the first row gum. Adjust as you need to.

2. While the audience is enjoying their gum, discuss what “word vomit” is. **Word vomit is anything gross that verbally comes out of our mouths. This could include but is not limited to: cussing, gossip, name-calling, complaining, and negative remarks.**

3. After the speaker has finished explaining “word vomit” and concluded any specific stories and/or scripture/quote references, *ask each of the audience members to spit their gum into a clear, plastic bag.* All gum is to go in the same bag. Once the gum is collected, the speaker then mushes the gum together and jeers the audience a little in reference to the “gross factor.”

4. The speaker then moves throughout the audience *asking individuals if they would like their gum back.* Of course, any sane audience member will decline this offer. After a few declines, *ask the audience why they don’t want their gum back.* Most of the time you will get answers such as: “It’s gross.” “There’s spit on it.” There are germs on it.”

5. At this point, you ask them, *“What’s wrong with that? There were germs and spit on it when it was in their mouths.”* The audience will respond that it now has *other people’s* germs and spit on it.

6. This is when the speaker will drive the point home and connect the activity to the lesson meant to be learned.

“Oh, I see. So it’s other people’s spit and germs that are gross. Yours are fine. That’s what we tend to think about word vomit. We like to think because something comes out of our mouth it’s somehow not as hurtful or gross as when it comes out of someone else’s mouth. We try to justify or defend our own word vomit, but are repulsed by others’.

Our chewed gum is just as nasty, gross, and germy as someone else’s chewed gum. The same is true of word vomit. Rude or hurtful words are rude and hurtful no matter whose mouth they come out of. When you chew on someone else’s previously chewed gum, you run the risk of catching their germs. The same is true of chewing on someone else’s word vomit. The more you “chew” or think/discuss someone else’s word vomit, the more likely you are to catch their germs/negative attitude.

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