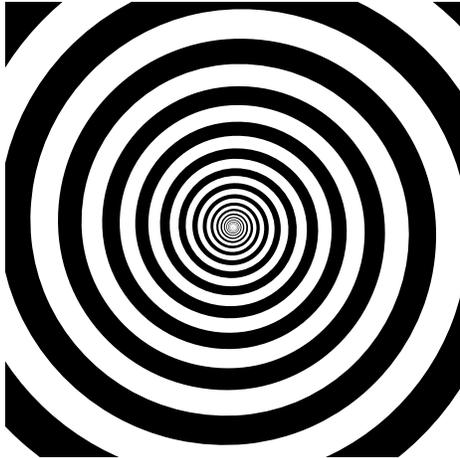




- Choosing to do what you should**
- even when you don't want to

**READ 1 PETER 5:8****DAY 1**

Grab a family member to help you for a minute. First, ask them to play a quick game of tag. See how long it takes them to catch you. Then, spin around in a circle for several seconds until you're really dizzy and immediately resume the game of tag. How fast can they catch you now? Much faster, right?! When we are out of control, it's easier for us to get "caught" in sin and make bad choices!

ASK God to help you stay in control so you can avoid getting caught in poor choices.

READ 1 CORINTHIANS 10:13**DAY 2**

Have you ever seen two people competing—even in something as silly as a tickle war—and one person shouts "Uncle!"? They're not actually calling for their parent's brother; "uncle" is a cry for mercy. It means, "I give up! Please, stop!"

When it comes to making choices about whether to do the right thing or not, we can call "Uncle!" to God, and He will help us. Of course, we don't have to actually shout "Uncle!" out loud, but we can ask God for help at any time, and He will respond and give us a way out of the temptation to do the wrong thing. What's a fun word you could use to remind you to pray for help when you are tempted to lose control?



KNOW that God wants to help you have self-control.

READ 2 TIMOTHY 1:7

DAY 3

Stand in front of a mirror and repeat the words to 2 Timothy 1:7, making up actions for some of the words, like . . .

Weak (become like a droopy marshmallow)

Fearful (make a scared face)

Power (flex your muscles)

Love (put your hands over your heart)

Control (clench your fists by your side)

When we put our trust in Jesus, God gives us His Spirit to help us choose self-control!

THANK God for giving His Spirit to all who follow Him.

READ ROMANS 8:5-6

DAY 4

Don't think about an elephant. Don't think about a purple elephant with pink polka-dots. Don't think about a purple elephant with pink polka-dots standing on a stool. Don't think about a purple elephant with pink polka-dots dots standing on a stool, balancing a red ball on its nose.

Let me guess—you're thinking about a purple elephant with pink polka-dots dots standing on a stool, balancing a red ball on its nose. Am I right?

It's easy to think of self-control as just the things that you DO (or don't do), but your thoughts are the beginning of self-control. You may think you don't have any control over your thoughts, but if you've put your trust in Jesus, you have the help of the Holy Spirit! Don't try to have self-control all on your own—ask for help!

KNOW that God gives us the ability to control our thoughts with the help of the Holy Spirit.



BRING THIS BACK NEXT WEEK!

Name

Parent Signature



- Choosing to do what you should**
- even when you don't want to

**READ 1 CORINTHIANS 13:4-5****DAY 1**

Draw a line between the things that are opposite.

Up	Hot
Cold	Left
Long	Love
Right	Down
Easily angry	Short

There are times when it is right to be angry—like when we see someone taking advantage of another person or causing harm to others. But being a person who is always angry—or who jumps to anger quickly—is not a loving person. The loving response is to think before you lose your temper!

KNOW that losing your temper quickly hurts those you love.

READ JAMES 1:19**DAY 2**

Ask a parent or sibling to read the words below out loud. Every time you hear the word 'listen', run in place really fast. Every time you hear the word 'angry,' do a slow motion walk.

*listen listen listen listen listen listen angry listen listen listen listen
listen listen listen listen angry angry angry angry angry listen listen
listen angry listen angry listen angry angry angry listen listen listen
listen listen.*

Phew! That was exhausting. But being slow when you heard the word 'anger' really helped, didn't it? It allowed you to catch your breath. Just like that, in real life, when you chose to be slow to anger, it will allow you to catch your breath and think before you do something that could hurt someone else.

LISTEN quickly, but be slow to anger!

READ PSALM 141:3

DAY 3

Ask a parent for a Band-Aid® or a short piece of masking tape and a permanent marker. Write "Psalm 141:3" on the bandage or tape and then place it over your mouth while you read the verse again. Then peel off the bandage or tape and stick it on your bathroom mirror for a few days as a reminder to ask God for help with controlling the things you say.



ASK God to help you keep your mouth shut when you're angry.

READ PROVERBS 29:11

DAY 4

Who is the wisest person you know? _____

Do they seem out of control? _____

Who is someone you know who you wouldn't exactly take advice from? _____

Do they have a lot of self-control? _____

Just like Proverbs 29:11 says, our self-control (or lack of it) displays how wise (or unwise) we are. If you want to be a wise person, you will have to do the things you should even when you don't want to.

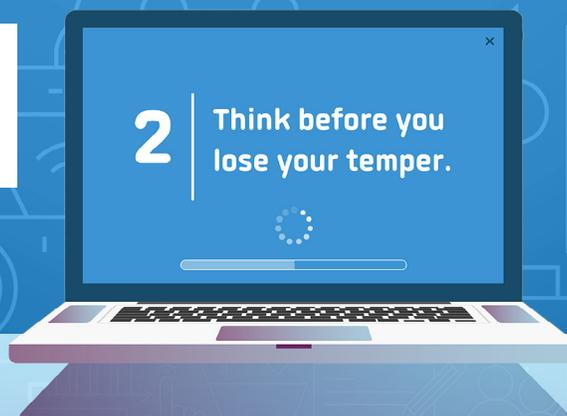
ASK God to give you self-control and wisdom—they go hand-in-hand!

BRING THIS
BACK NEXT
WEEK!

Name

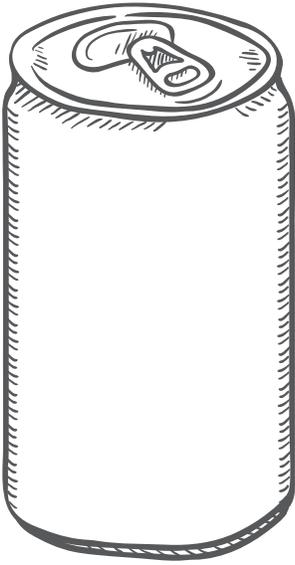
Parent Signature

2 | Think before you
lose your temper.





- Choosing to do what you should**
- even when you don't want to



READ PROVERBS 15:1

DAY 1

IMPORTANT: YOU MUST GET A PARENT'S PERMISSION FOR THIS ACTIVITY. Ask for a can of a carbonated beverage. Take it outside and away from anything you wouldn't want to get wet. Shake the can up a little (nothing too crazy—it doesn't take much to stir things up!), then point it away from yourself and open it up. Wow! A big mess, right?!

Mean words are like that too. They stir up anger and can cause a big explosion. You can really make a big mess if you don't control your words.

ASK God to help you choose gentle words.

READ COLOSSIANS 3:8

DAY 2

Unscramble the words below. When you find **KIND** words, be sure to circle them! When you find words that shouldn't come out of your mouth, be sure to scratch them out!

OLVGIN	_____
PTAIETN	_____
TEHA	_____
RUTHFLU	_____
DINK	_____
SILE	_____

ASK God for help choosing the best words to come out of your mouth.

READ 1 PETER 3:10

DAY 3

Describe your perfect day. Or, if you like to draw, illustrate a picture of it.

Now, imagine how that day might be ruined if you lied to your parents, or said mean things to your brother. What if you just said whatever came into your mind and didn't think about how it would hurt someone's feelings. How might that change your perfect day? We can really mess things up when we don't control our tongues. On the plus side, when we do tell the truth and speak kind words, we can make every day better!

KNOW that it's always better to choose what is kind and true.

READ COLOSSIANS 4:6

DAY 4

Using a sheet of paper, cover up the paragraph below. Then fill in the first set of blanks with the type of word specified.

- | | | |
|------------------|----------------------------|------------------------|
| 1) Noun _____ | 5) Verb (past tense) _____ | 8) Noun (plural) _____ |
| 2) Emotion _____ | _____ | _____ |
| 3) Verb _____ | 6) Noun _____ | 9) Noun _____ |
| 4) Noun _____ | 7) Noun _____ | 10) Verb _____ |

Now re-write the words in the blanks that have the same number in the paragraph below and read the paragraph out loud.

It was Sam's first day of _____⁽¹⁾ after winter break, and he was feeling pretty _____⁽²⁾ about it. He wanted to stay home and keep _____⁽³⁾ and playing _____⁽⁴⁾. Lucky for him, overnight it had _____⁽⁵⁾, and the ground and roads were covered in white, fluffy _____⁽⁶⁾. He turned off his alarm and made a steaming cup of _____⁽⁷⁾ with lots of _____⁽⁸⁾, and he got out his _____⁽⁹⁾ to go _____⁽¹⁰⁾ with his neighborhood friends. Winter Break would be one day longer.

Well, that was pretty silly, wasn't it?! The words we choose are really important, and not just when we're playing word games. In fact, the words we choose in real life have even more importance, so be sure and choose words that others want to hear.

KNOW that you should always choose your words carefully.



Name

Parent Signature



- Choosing to do what you should**
- even when you don't want to



READ 2 PETER 1:3-7

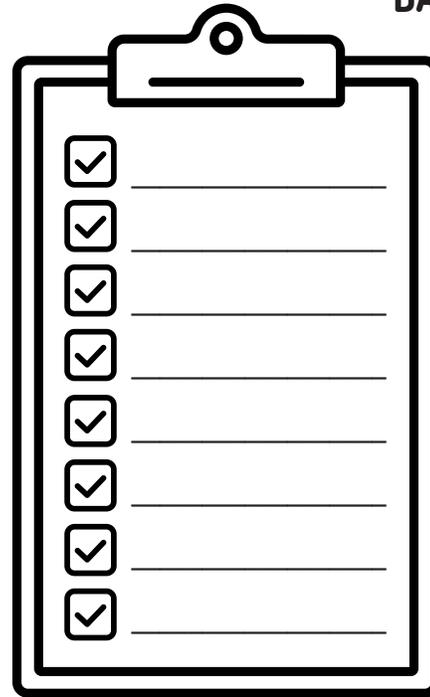
DAY 1

Make a list of some of your favorite things. Your favorite foods, activities, toys, etc.

Now circle the ones that you can sometimes lose control with and not know when to stop before you either get in trouble or make yourself sick or overly tired.

When you read 2 Peter 1:3-7, it may sound like a lot to do—and a lot you're NOT supposed to do as well. But the good news is that God has given us everything we need to have self-control. If you aren't sure when to stop and how to control your thoughts and actions, all you have to do is ask Him for the strength and power to do what you should, even if you don't want to.

ASK God for help having self-control, even when it comes to the good things in life!



READ GALATIANS 5:16-17

DAY 2

Grab a family member and play a game of thumb war. If you're feeling even more adventurous, graduate to some arm wrestling. Notice what happens when you start to lose the war—your arm, or your thumb—shakes, and you lose control. The same thing can happen when our spiritual selves—the part of us that knows what we should or shouldn't do—is battling our physical body in its desire for more. The good news, you're not battling it alone. If you put your trust in Jesus, God gives you the Holy Spirit, which will help you win the war!

THANK God for giving the Holy Spirit to those of us who follow Him.



READ 1 CORINTHIANS 6:12

Ask a parent for piece of string or ribbon. Then grab your favorite toy and tie one end to the toy and the other end around your wrist. Now try walking around. Imagine how annoying it would be if you drug the toy like that around all day long. It would change how you went about your day for sure, wouldn't it?



When we don't know when to stop doing something—even something that's good—it can begin to control us. It's like we carry it around wherever we go, and it interferes with our life and our relationships. Sure, you CAN play with the toy whenever you want, but that doesn't mean you should. Don't let it control your life and follow you around wherever you go!

KNOW that just because you can do something doesn't mean you should.

READ TITUS 2:11-12

By now you've learned a lot about self-control. What it is, how it can make your life better, and how God can help you with it? Knowing what you know, create an acrostic spelling out self-control.

THANK God for all the ways He helps you have self-control!

S	_____
E	_____
L	_____
F	_____
C	_____
O	_____
N	_____
T	_____
R	_____
O	_____
L	_____

BRING THIS BACK NEXT WEEK!

_____ Name

_____ Parent Signature

