

SELF-CONTROL

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

BOTTOM LINE: Doing what you should can keep you safe. Read Proverbs 29:11

DAY 1

1

Self-control

This month we are learning all about self-control. Self-control is choosing to do what you should even when you don't want to. What does that look like to you? Read some of the scenarios below and talk through what a self-controlled person would do.

- Your sister takes your favorite set of markers to use and doesn't put the caps back on and they all dry out.
- Your mom said no cookies until after dinner, but they are right there on the counter.
- You got to be first in line for lunch, but you forgot your lunch box so you lost your spot to someone else.

ASK God to give you opportunities to practice self-control this week.

DAY 2

2

Kind of Wild but Totally Controlled

With the help of an adult, look up and read this week's Bible verse: **Proverbs 29:11**. Now, read it again, but allow the tone of your voice to reflect what the verse is describing. For example, the first part of the verse talks about "letting your anger run wild" say that part of the verse in an angry voice while you are wildly running around! Then, read the second part of the verse about the "wise people" in a very mature, calm voice. Maybe you can even strike a calming, yoga pose! Practice this verse throughout the week and at the end of the week, find a family member or friend you can tell your verse to while showing off your awesome moves!

THANK God for allowing His Word to teach us how we should act.

DAY 3

3

Safety First

Just like the big yellow or orange signs on the roads show us what we need to do to keep safe while we are in the car, we sometimes need that in our everyday lives! Talk with an adult about a situation or place where you sometimes lose your cool. Create a plan that you can use to calm down and help you next time. Get creative and grab some brightly colored paper, writing utensils, and draw up your plan. Once you're finished, hang it somewhere you can see it as a daily reminder of what to do.

For example: If you lose your cool at school, hang it by your backpack so you can see it every morning. If you often fight with a sibling, post it in your room!

LOOK for ways to practice self-control that will keep your cool and stay safe.

DAY 4

4

Prayer

Self-control takes a lot of time and practice for everyone. It is something we have to work on throughout our whole life. Pray and ask God to help you start making good choices now and that He will always help you to work on practicing self-control.

"Dear God, I know how important self-control is in my life. I need to keep myself, and others around me, safe with my words and actions. Please, help me practice self-control this week and for the rest of my life. I want to be able to show others they matter to me by the way I treat them. I love you, God. Amen."

KNOW that God will always help you when you need self-control. Just stop and pray.



Peaceful

GENTLE

SELF-CONTROLLED

LOVING