

SELF-CONTROL

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

BOTTOM LINE: Choose your words carefully.

Read Proverbs 16:24

DAY **1**

Don't Go Breaking My Heart

Grab some paper and scissors, and cut your paper into the shape of a heart. Lay it out in front of you, admire how nice it looks, and how there is nothing wrong with it. Now, crumple it all up into a ball and smash it. Once you are finished, carefully flatten it back out. Imagine that all those wrinkles and rips represent the mean things we do and say to others when we lose self-control. No matter what we do, the heart will never look like it did before we hurt it. Our words and actions can hurt others hearts and make them sad. So, remember to always choose your words carefully so you don't hurt their heart.

ASK God to help you choose words and actions that help people's hearts and not hurt them.

DAY **2**

Kind Words

With the help of an adult, write a list of a few people in your life that you can share some kind words with. Over the next few days, talk to the people on your list and share some kind words! Give them a compliment or tell them something you appreciate about them. Just use this time to bless others with your words!

LOOK for ways to show others kindness by the words you speak to them.

DAY **3**

Honey Words



With the help of an adult, look up this week's Bible verse: **Proverbs 16:24**. Read through it together a few times. After you have finished, write some kind, sweet, uplifting words in the honey jar below. Try and use these words with others this week!

THANK God for His Word and that it guides us in how to speak kind words to others.

DAY **4**

Words that Help

The best person to talk to when you need help choosing the right words is God. Take some time and talk to Him right now. Pray something like this:

"Dear God, You have taught me how important it is to use kind words when I talk. It's not always easy, but please help me to remember to stop and think before I speak. I want to be able to use my words to help others and not hurt them. I love you, God. Amen."

KNOW that when we speak to God, He will give us the words we need to speak to others kindly.

WORD * MART

Circle the boxes that have kind words on them. Cross out the boxes that would not be nice. Color the picture when you are finished. Remember, choose your words carefully!

