

# Self-control is choosing to do what you should even when you don't want to.

Read Galatians 6:9

DAY  
1

## The Next Right Thing

Play a game of “Simon Says” with your family. But instead of doing actions like jump and skip; have Simon call out, “doing the right thing,” actions like cleaning up toys or doing the dishes. List out things that would be helpful to someone else. You can either do the exact action in the moment or pretend.

**KNOW that you have a choice to do the right thing.**

DAY  
2

## What's Wrong

Write or draw a picture of something you need self-control over. It might be things like: helping a sibling pick up toys, choosing to not scream when you don't get the treat you wanted, or not hitting your sibling when they take a toy. What situation is it hard for you to have self-control?

**ASK God to help you have self-control when you need it.**

DAY  
3

## Do Not Give Up

Look up and read this week's verse. Think of something that you can do this week to make a good choice to help others. You can write it down or talk about it with an adult. Work this week to “not grow weary of doing good.”

**LOOK for ways that you can do good this week.**

DAY  
4

## The Right Thing

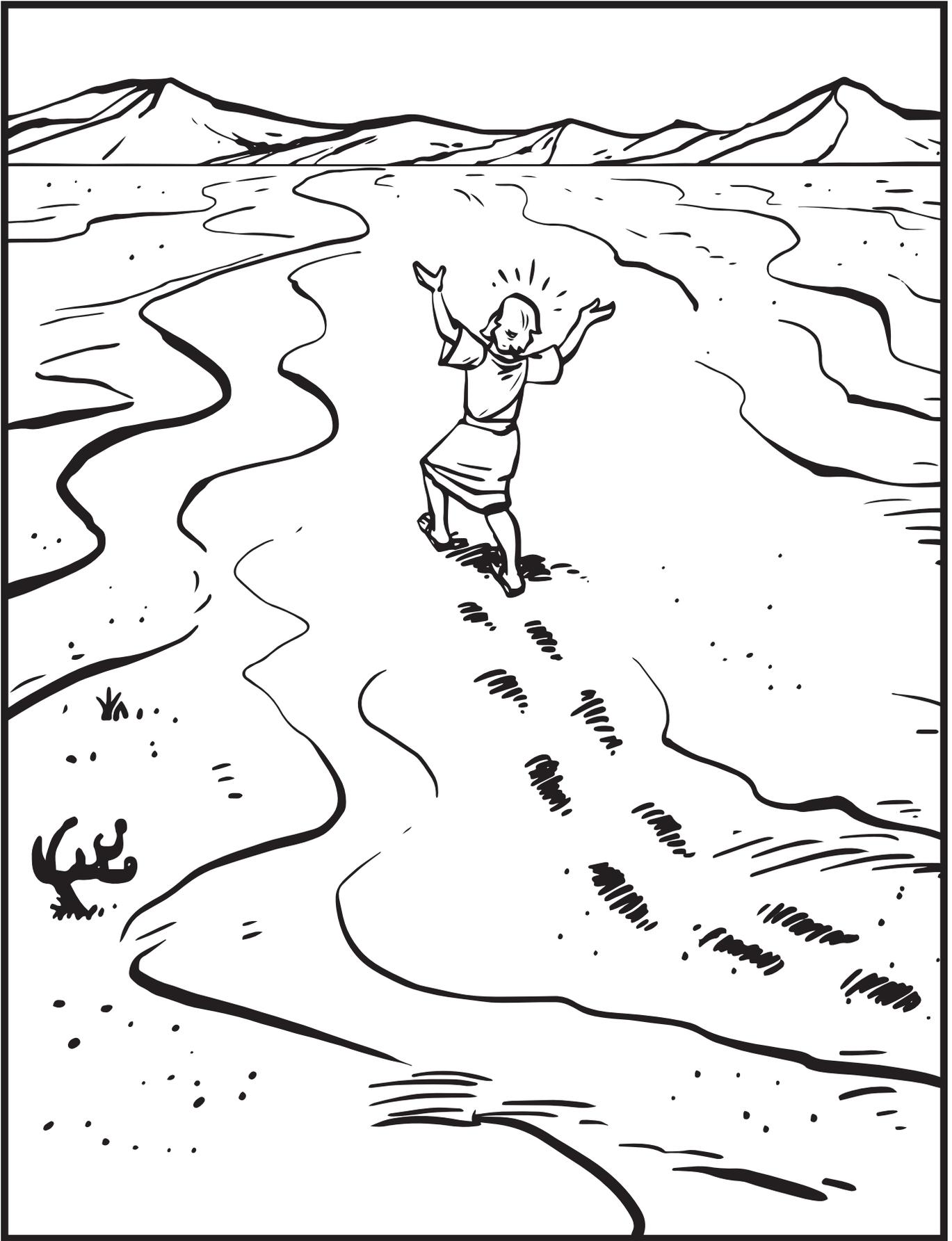
Prayer can help us get to know God better and when we know God better we know what He wants us to do. Let's talk to God about helping us to do the right thing.

~~~~~  
 “Dear God, I want to be a person with self-control. Help me to know what the right thing to do is and to do it. I pray that I can learn to make the right choices, amen.”  
 ~~~~~

**THANK God for helping us know the right things.**

## MEMORY VERSE

God's power has given us everything we need to lead a Godly life.  
 2 Peter 1:3A NIRV



# Self-control is choosing to do what you should even when you don't want to.

Read Proverbs 25:28

DAY

1

## Where Does it Go

Sometimes there are situations that make us lose our cool. Think of places or situations that we get into where we lose it and think of a plan to keep calm. Some great ways to stay calm are praying, taking deep breaths, or counting to 10. Talk with an adult about some ways you can keep your cool when you want to stay in control.

**LOOK for ways to keep your cool in hard situations.**

DAY

2

## Cool Corner

Find a safe spot in your house to make a "Cool Corner." This will be a spot that you can go to when you need to cool down at home. You can make a sign, grab some blankets, or some favorite toys to add to your corner. Go here when you need to take a deep breath, pray, or just relax.

**KNOW that creating a safe space will help us with self-control.**

DAY

3

## Walls Up

Look up this week's verse, Proverbs 25:28, and read it a few times. Talk with a trusted adult about what it means. Draw a picture of a wall made of blocks and in each block write a word of your verse.

**Adults:** Tell your kids how walls protected cities years ago. It is what kept the people and the whole city safe from enemies. You can even search for images of the walls.

**ASK God to help you have self-control.**

DAY

4

## Corner Conversation

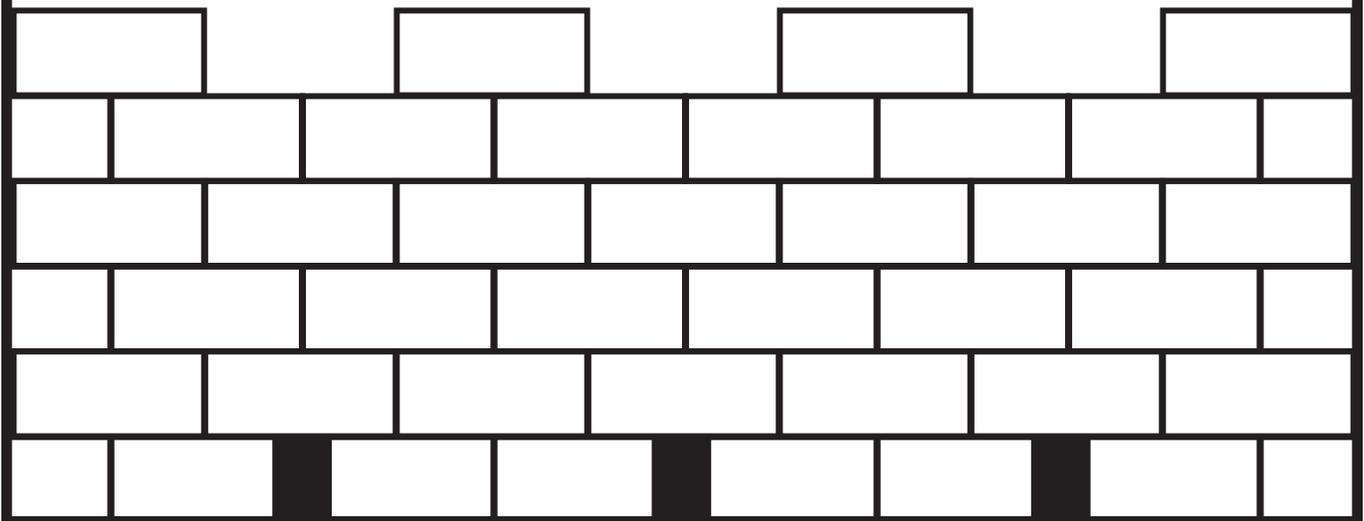
Go to your "Cool Corner" that you created earlier in the week. Have a seat and talk to God. Pray something like this:

~~~~~  
 "Dear God, I thank You for using the Bible to teach us about self-control. I pray that I can use what I have learned to help me when I feel like I am losing my self-control. Please help me do the best I can. I love You, God. Amen"  
 ~~~~~

## MEMORY VERSE

God's power has given us everything we need to lead a Godly life. 2 Peter 1:3A NIRV

Draw a city that is kept safe behind the wall.



# Self-control is choosing to do what you should even when you don't want to.



Read Proverbs 1:19



## Red Light, Green Light

Play a game of Red Light, Green Light. After a few rounds, answer these statements below. If the statement shows no self-control say: Red Light! If it shows an example of self-control say: Green Light!

1. My brother comes and takes my toy from my room so I chased him and grabbed it back.
2. A classmate cut in front of me during recess. I calmly told them that wasn't kind and to not do it again.
3. I really wanted to have a cookie before dinner but my mom said "no." I waited patiently until after even though it was hard.
4. My mom bought my sister's favorite snack and not mine so I yelled at her.

**KNOW** that you can slow your anger with self-control.



## The Definition Is . . .

**Self-control is choosing to do what you should do even when you don't want to.**

With the help of an adult, fill in the blanks with an example from your own life.

Self-control is choosing to ..... even when I want to ..... See how many examples you can come up with. Then, practice your self-control today!

**ASK** God to help you practice self-control today.



## Act It Out

Use the motions below or create your own to learn this week's Bible verse.

~~~~~  
 "My dear brothers and sisters (point around like you are pointing at people), **pay attention to what I say** (point to your mouth). **Everyone should be quick** (run in place) **to listen** (point to ears). **But they should be slow** (walk in slow-motion) **to speak** (point to mouth). **They should be slow** (walk in slow-motion) **to get angry** (make angry face)."  
 ~~~~~

**LISTEN to God's Word to know how you should act when angry.**



## Ask for Help

Talk to God and ask for help when you start to feel angry. You can pray something like this:

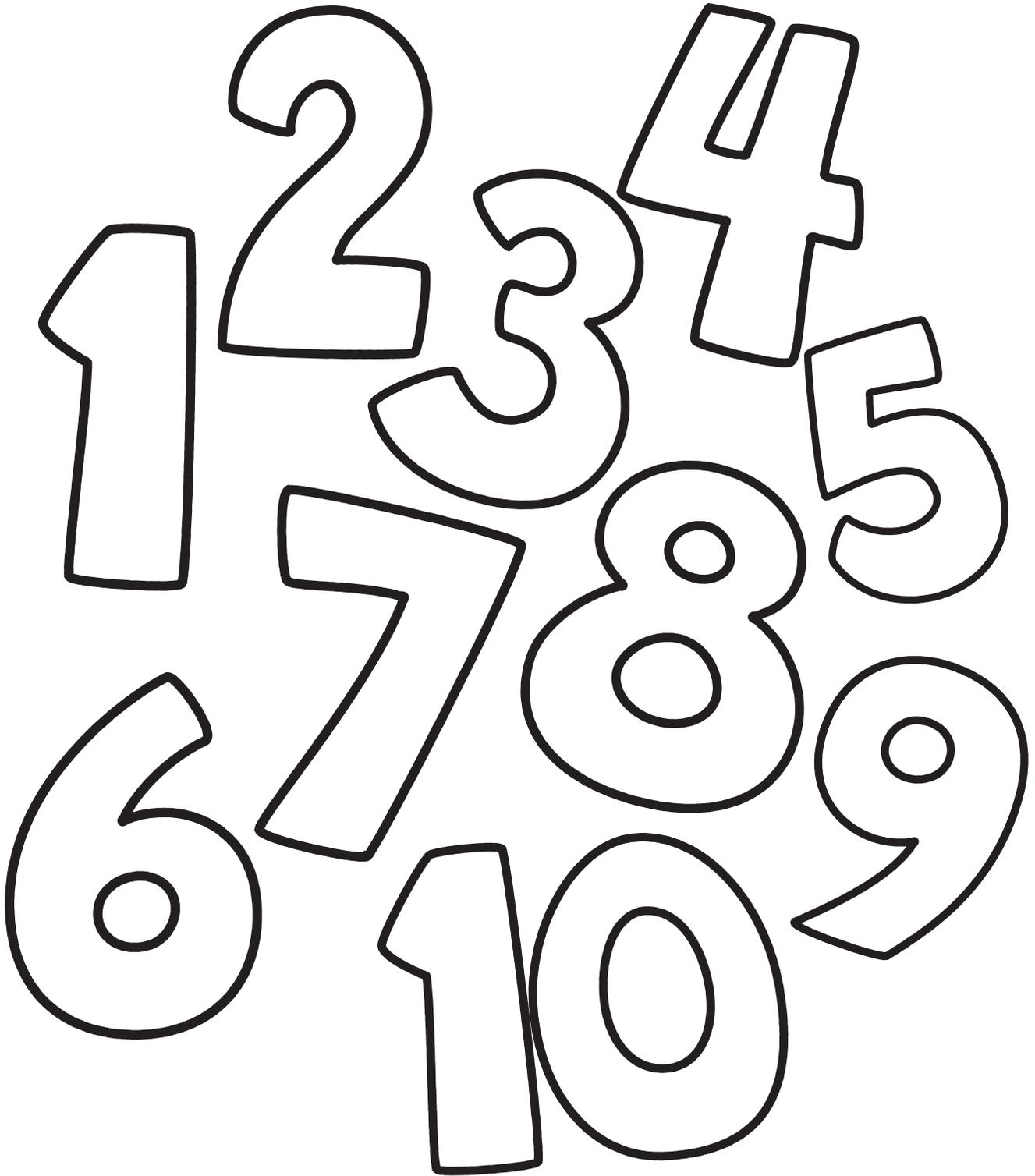
~~~~~  
 "Dear God, I can sometimes get angry. Please help me to work on controlling my anger toward other people and things. I pray that I can be a good example of self-control to my family and friends. Amen"  
 ~~~~~

**THANK** God to giving you the ability to have self-control.



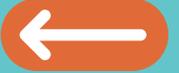
God's power has given us everything we need to lead a Godly life. 2 Peter 1:3A NIRV

A great way to control our anger is to count to 10.  
Practice counting to 10 while coloring  
the numbers below.



# Self-control is choosing to do what you should even when you don't want to.

Read Proverbs 16:24



DAY  
1

## Act it Out

Without any words, act out the following movements and have someone in your family guess what you are doing.

- Walking the dog
- Reading a book
- Jumping on a trampoline
- Flying like a bird
- Making a pizza
- Running in place

**KNOW** that thinking before you act is the wise thing to do.

DAY  
3

## A Little Bit Louder Now!

Read this week's verse a few times. After you get the hang of it, use your megaphone that you made yesterday and say your verse into your megaphone. As you say your verse, say it louder and louder each time!

**ASK** God to help you have words as sweet as honey.

DAY  
4

## Sweet Talker

Ask God to help you have words as sweet as honey.

~~~~~  
 "Dear God, help me have words that are kind, helpful, and loving to those around me. Amen"  
 ~~~~~

**THANK** God for helping you practice kind words.

DAY  
2

## Say It Loud

Grab some paper, something to write with, and scissors. Draw a megaphone on your paper and cut it out. Save this for our verse activity tomorrow!

**LOOK** for ways to speak kindly.



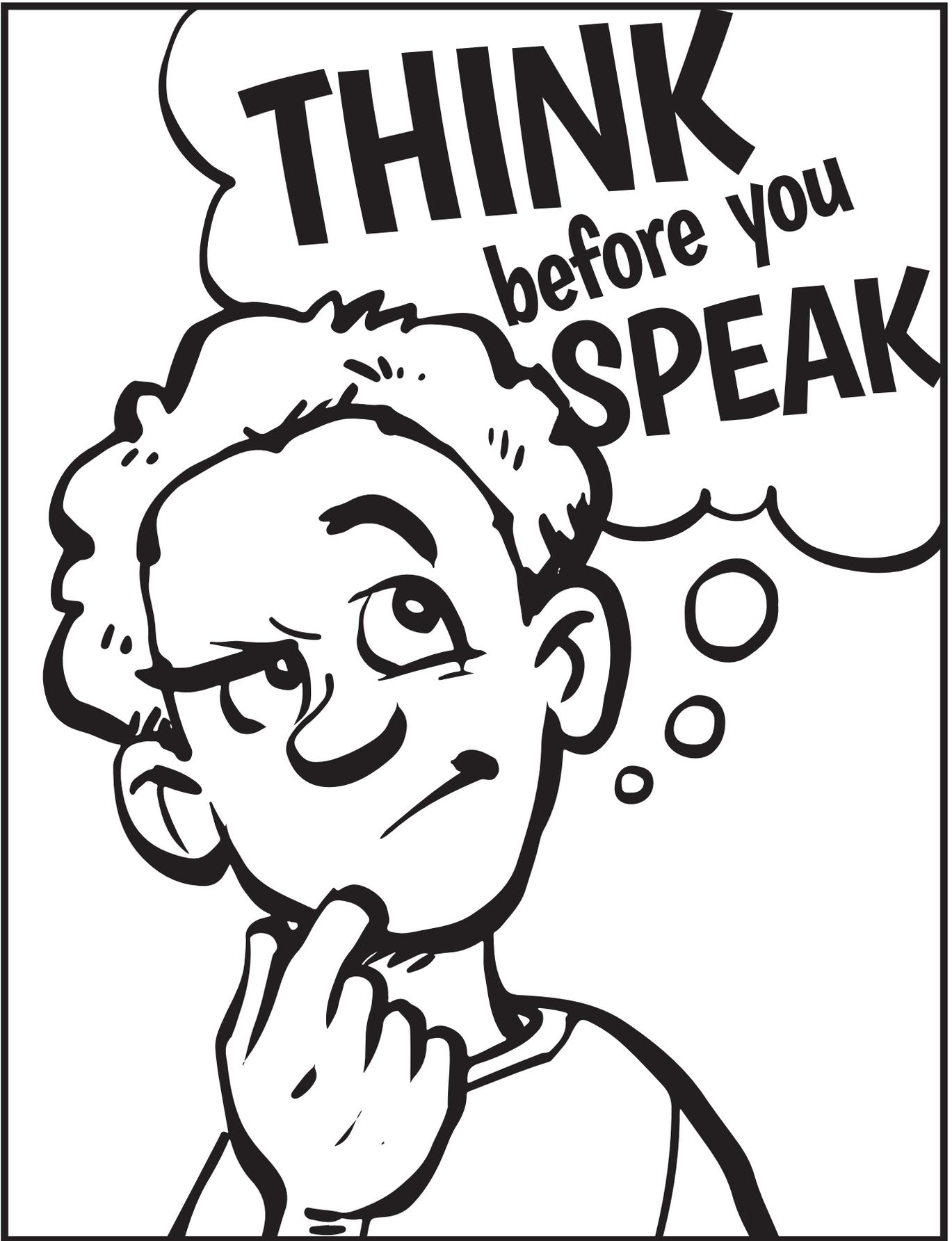
## MEMORY VERSE

God's power has given us everything we need to lead a Godly life.

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A Devotional on Self-control

There's More! →



# Self-control is choosing to do what you should even when you don't want to.

Read Philippians 4:13

DAY

1

## Stop and Go

You need two people to play this game so grab a friend. One of you will give a direction like: run in place, jumping jacks, or bear crawls. The same person giving directions also gets to yell "stop!" Then you can switch!

**KNOW** when to start something and when to stop.

DAY

2

## Know When to Stop

Grab some paper (red if you have it!), scissors, and something to write with. Ask for help drawing an octagon and cut it out. Write STOP somewhere on the paper. Talk with someone in your family about where you can hang your sign to remind you to STOP and do the right thing.

**LOOK** for ways that you can stop and do the right thing.

DAY

3

## Power Through

Look up this week's verse. As someone reads the verse, do an action that will make you stronger! You can do things like jumping jacks, push-ups, arm curls, or running in place.

**THANK** God for His Word and that it gives you strength.

DAY

4

## Sweet Talker

Take some time to stop and pray to God. Let's thank God for the self-control you have.

~~~~~  
 "Dear God, Thank You for using stories in the Bible to teach me self-control. Thank You for the self-control that You have given me and I pray that I can continue to use self-control in my life. I love You, God. Amen"  
 ~~~~~

**ASK** God to help you have self-control this week.

God's power has given us everything we need to lead a Godly life.

2 Peter 1:3A NIRV

Know when to stop.  
When you reach the stop sign, the maze is over.

**START**

