

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

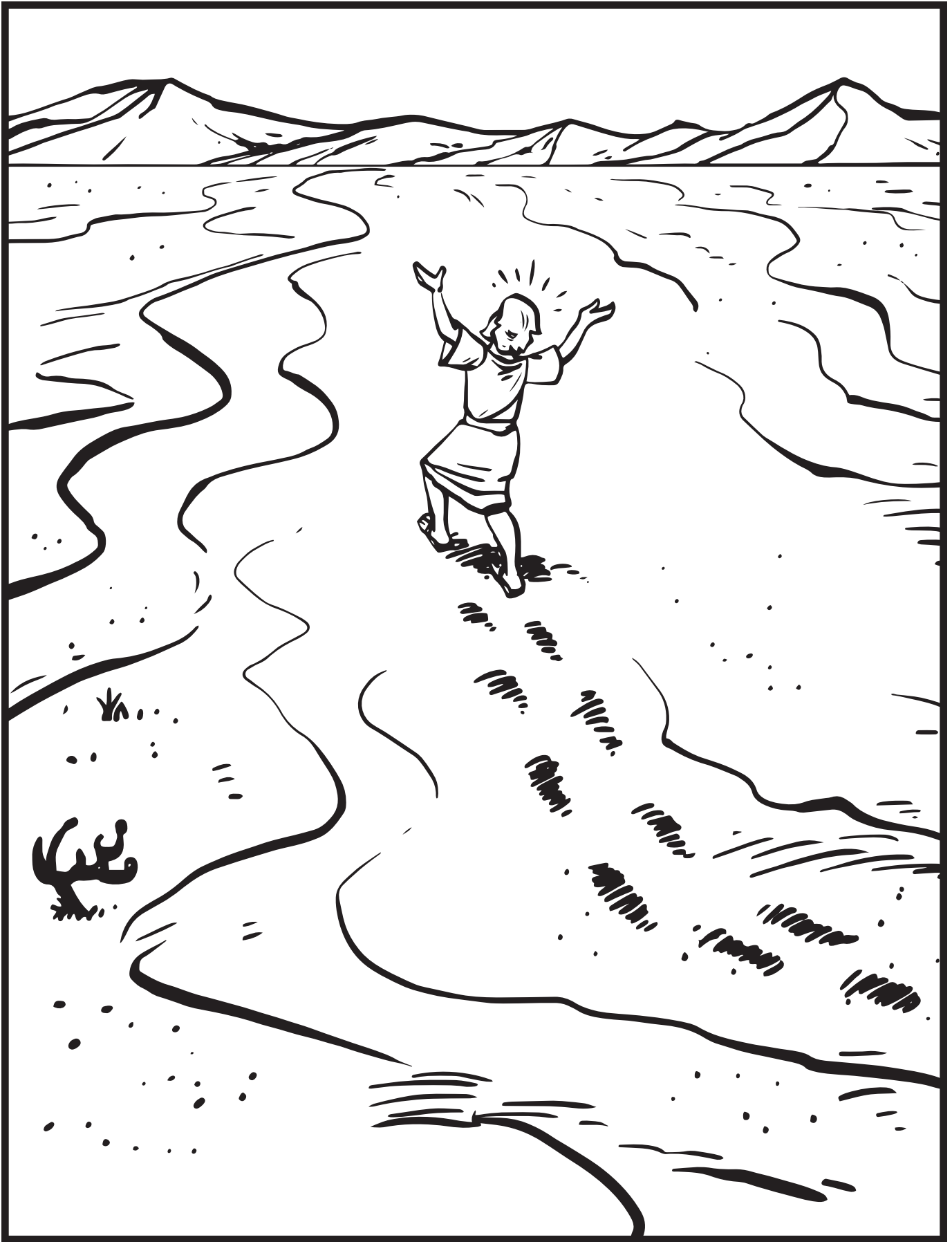
Prayer can help us get to know God better and when we know God better we know what He wants us to do. Let's talk to God about helping us to do the right thing.

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 “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.”  
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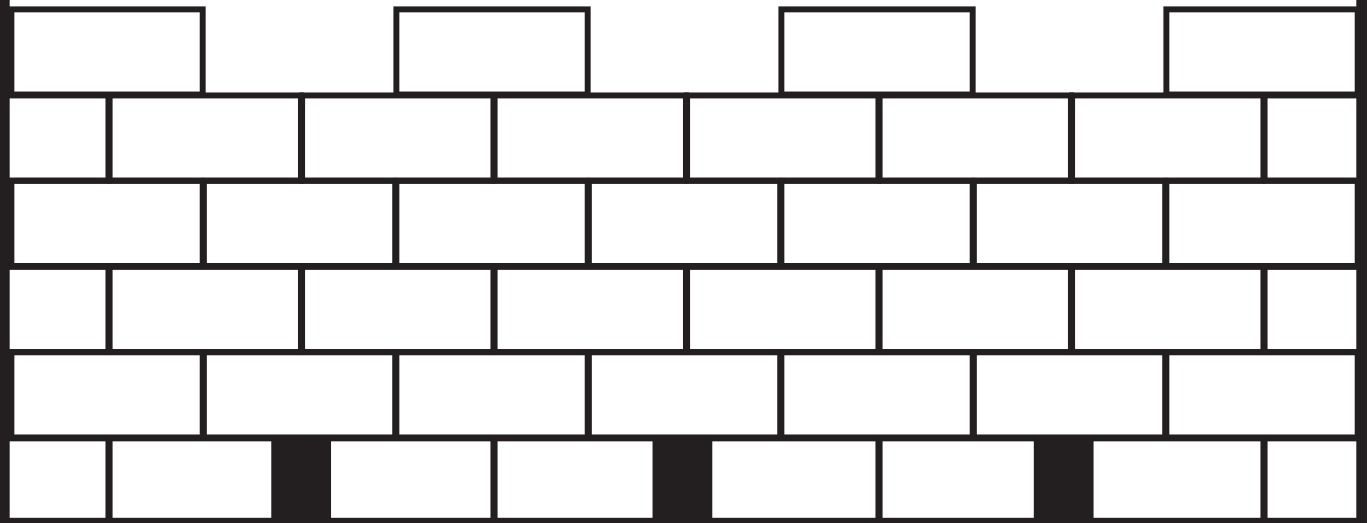
THANK God for helping us know the right things.

MEMORY VERSE

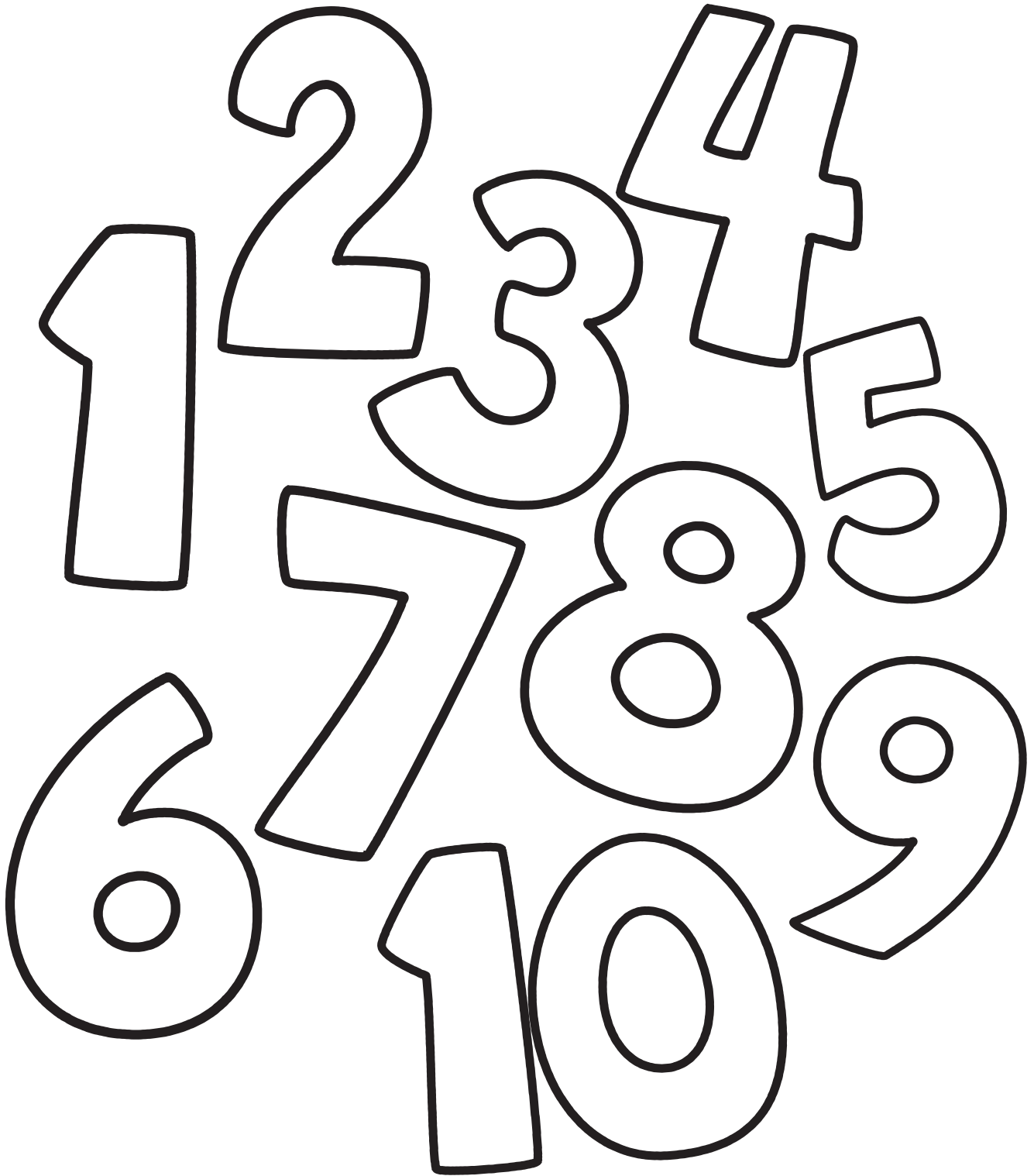
God's power has given us everything we need to leads a Godly life.
 2 Peter 1:3A NIRV

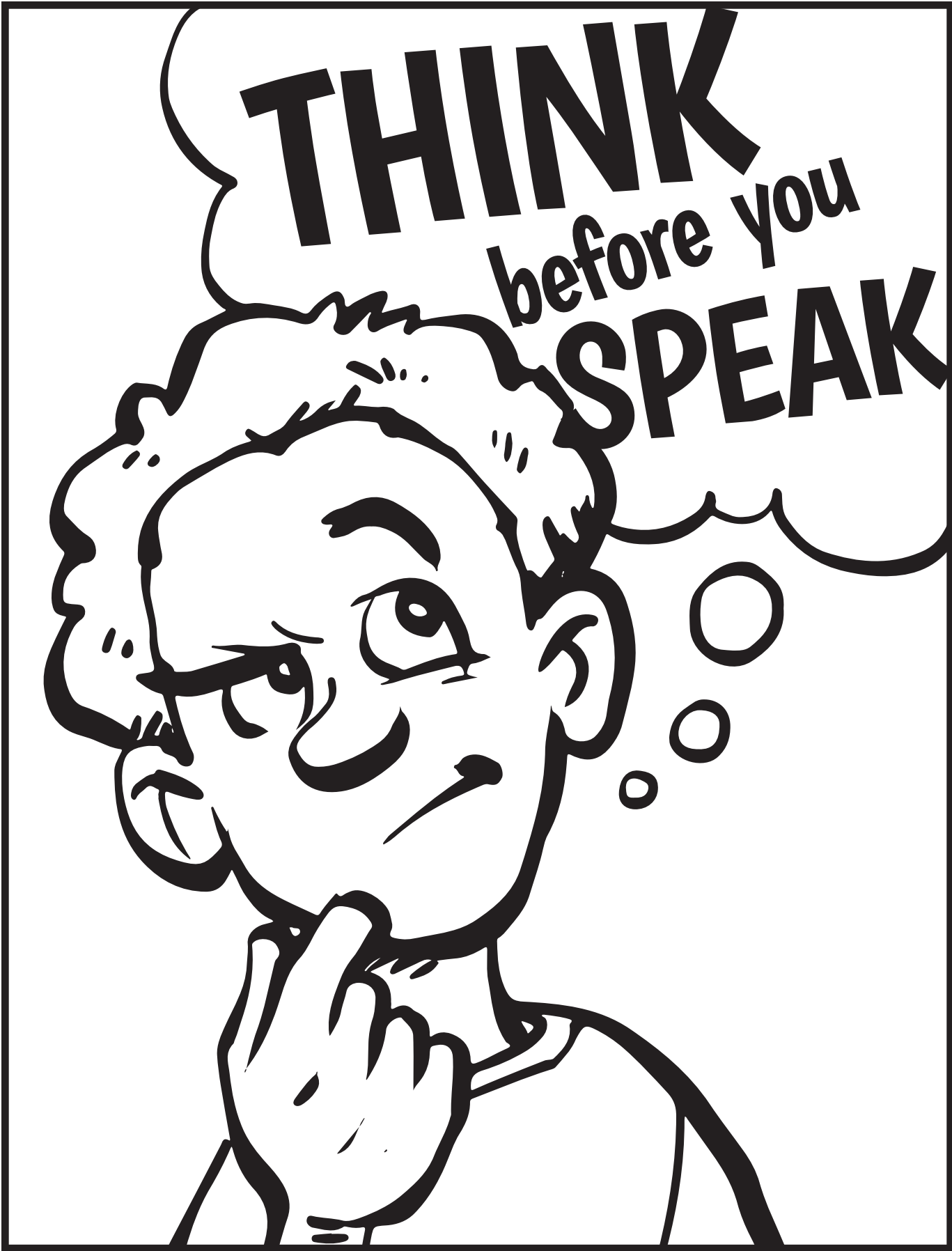


Draw a city that is kept safe behind the wall.



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 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.

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

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

2 Peter 1:3A NIRV

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

START

