



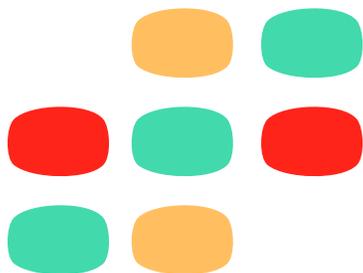
## Day 2

### Read Luke 4:1-13

When the devil was tempting Jesus in the desert, Jesus was prepared and knew the right thing to do: He repeated God's Word, quoting Holy Scripture to the devil. But in order to quote these truths, He had to know them!

As you read Luke 4:1-13, find the verses that Jesus quoted, and look them up to see the original Scripture. You will notice that Jesus didn't always repeat the verse word for word, but He shared the truth of the Scripture all the same.

Pick one of these verses to memorize, choosing one that you think might be important for you to remember when you're trying to do the right thing. Then you can **be ready to do the right thing.**



## Day 3

**The devil led Jesus to three different places to present Him with temptations.**

There are different places and times where you probably feel tempted to do the wrong thing—maybe it's at home when your little brother annoys you and you're tempted to yell or hit. Or maybe you find yourself tempted to cheat when you're not prepared for a test. Think about a place or time when you need help doing the right thing and use that situation to personalize the prayer below.

Dear God, thank You for giving me everything I need to make wise choices and do the right thing. I know that sometimes I struggle with doing the right thing when .....  
..... I know the right thing to do is .....  
..... Please help me to spend more time with You, in Your Word and with Your people, learning more about how to make the wise choice so that I will be prepared when .....  
In Jesus' Name, I pray, amen.

## Day 4

**Look back at the situation you wrote about yesterday in the prayer—who is someone in your life who might have wisdom to share with you about how to do the right thing when that situation happens again?**

Reach out to that person today and share with them the temptation you often face. Ask them what they think the right thing to do is, and together, look up some Bible verses that might help you. Write the Scripture references down and hold on to them for tomorrow.



## Day 5

**When is it hard to do the right thing?**

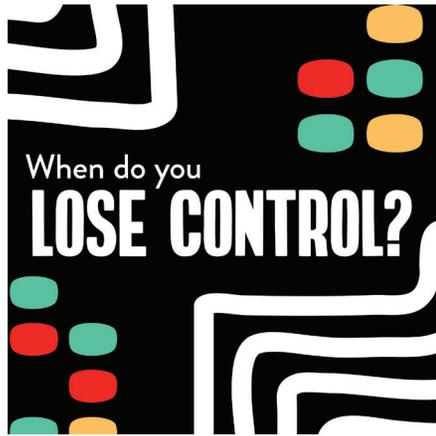
Earlier this week, you figured out some times or situations when it's hard for you to do the right thing, and then you prayed about it, talked to a friend about it, and dug into God's Word to find help on the right thing to do. Now, it's time to think about how you can best put all that you've learned into practice.

Pick a couple of options from the list below that you think will best help you to do the right thing.

1. Memorize the verse(s) you found.
2. Write a note to remind yourself to pray and ask for God's help with this situation every morning, and also during the times when you're tempted to do the wrong thing.
3. Pick a phrase—either from the verse you found, or a positive affirmation that will remind you of the wisdom you learned from God's Word—and create a piece of word art with it. Hang the art in the place where you are most likely to face the temptation to do the wrong thing.
4. Ask the friend you talked to yesterday to hold you accountable to do the right thing. Give them permission to check in with you every week to see how things are going.

Circle a couple that you plan to do, and then put them into action!

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'LOSE CONTROL?' prompt.

MEMORY VERSE

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

Journaling lines for the memory verse.



Day 1

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

After watching, write one thing that:

- 1. You liked:
2. You learned:
3. You'd like to know:

## Day 2

### Read Proverbs 25:28

Solomon was one of the wisest people to ever live because when he was given a chance to ask God for anything, he asked for wisdom. We can benefit from his wisdom, much of which he wrote down and is found in the book of Proverbs.

Find words (3 letters or more) that make up Proverbs 25:28 in the word search below to find out what Solomon had to say about self-control.

I	C	L	T	P	I	Y	W	O	L	U	F	C	H
O	F	T	L	L	W	I	O	T	Y	T	I	C	
H	L	C	O	E	R	K	P	P	N	E	O	H	O
T	N	O	R	A	I	E	W	O	E	S	R	O	E
L	H	R	T	U	R	A	T	O	K	O	S	E	W
W	A	R	N	S	S	E	I	H	O	H	H	I	O
S	O	H	O	R	K	L	L	E	R	W	C	E	H
O	T	N	C	I	E	R	A	E	B	O	T	L	A
O	R	O	F	F	H	W	O	U	W	S	U	T	L
T	K	T	L	N	L	W	R	T	O	W	N	G	L
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L	G	W	S	O	T	G	L	N	K	L	W	E	R
W	I	T	H	O	U	T	E	B	R	L	O	R	E
E	N	H	H	O	L	L	I	K	E	S	I	C	H



## Day 3

Grab several things you can stack to make a wall.

It could be actual LEGO® or Mega blocks, or it might be things from your pantry, like pasta, cans, and cereal. Be sure to put the heaviest things on the bottom. Build it as tall as you'd like.

Then think about the things that sometimes cause you to lose self-control. Maybe it's a person that annoys you, a situation that frustrates you, or simply when you get overwhelmed or overtired. Think of 2-3 things and write them on a sticky note and stick each one to an object on the wall you built. Now, imagine pulling those items out of the wall. What will happen? Your wall will come crashing down, right? (If you can safely pull out the items, you may; then find the objects with the sticky notes again.) **When you lose control, it can cause trouble.**

As you look at the sticky notes with your self-control busters, pray this prayer:

Dear God, thank You for giving me everything I need in Your Word to have self-control. These things that I've written down today sometimes make me feel like I don't have control of my self, of my choices, of my attitude, but I know that's not true. You have given me the tools, the strength, the wisdom to make the right choices. Help me to lean into You to keep from losing control. In Jesus' Name, I pray, amen.

*P.S. Don't forget to clean up the "rubble" from your wall. Hold on to the sticky notes for Day 5.*

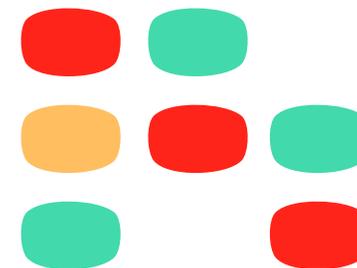
## Day 4

Sadly, when we lose control of ourselves, it often hurts the people closest to us.

Think about the last time you lost control of your emotions—maybe you yelled at someone in your family, or spoke sarcastically to a friend.

Take some time today to find that person and apologize for losing self-control. When you apologize, take care not to make excuses for yourself or to blame them in any way. Simply bring up the situation in which you lost self-control and apologize to the person you hurt. Ask them if there's anything you can do to make the situation better or help heal the relationship, and if the person has suggestions, try to act on them.

Next time you're in a similar situation, remember how you hurt someone with your lack of self-control and ask God to help you control yourself before someone gets hurt.



## Day 5

When do you lose control?

Find the sticky notes that you used the other day, with the things that sometimes cause you to lose self-control. Then look up the verses below and see if any of these Proverbs might help you in those situations or in dealing with those people. (Don't find a match? Ask a trusted adult or older friend who trusts in Jesus to help you look up some other verses that might guide you to make wise choices in those situations.)

- Proverbs 2:6
- Proverbs 4:23
- Proverbs 10:4
- Proverbs 11:25
- Proverbs 11:28
- Proverbs 16:20
- Proverbs 21:20

Once you find verses that match up with your self-control busters, write the words from the verse down on new sticky notes, and place them on top of the old ones. Then stick the notes somewhere you will see them this week to remind you that God has already given you the tools you need to have self-control!

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.

MEMORY VERSE

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

Series of horizontal dotted lines for journaling.



Day 1

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

After watching, write one thing that:

1. You liked:

.....

2. You learned:

.....

3. You'd like to know:

.....

## Day 2

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### Read 1 Samuel 24

Have you ever heard the phrase “blood boiling”? The idea is that when we get angry, we can almost feel our temperature and blood pressure rising.

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As you read 1 Samuel 24, color code the text to reflect whether David’s anger level was likely rising or falling.

#### Examples:

- Really angry
- Less angry
- Controlled anger

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P.S. For Day 5’s activity you are going to need a latex balloon, a cup of cornstarch, and a permanent marker. And if you have a funnel, that would be helpful too, although you can do the project without it. Go ahead and ask a parent for help if you don’t have these items already.



## Day 3

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**Sure, you can try to power through your anger when you feel it rising, but the truth is that’s very hard!**

The good news is, you’re not in this alone! God has promised He will be with us always, and Jesus sent His Holy Spirit to help us. When we put our trust in Jesus, we will have a helper to keep us from being controlled by our anger.

Personalize the prayer below with a situation that sometimes causes you to lose your temper. Then read it aloud and remember: **Don’t be controlled by your anger.**

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Dear God, thank You that I am not alone as I try to not be controlled by my anger. I know that You are with me, and You can help me. I sometimes lose control of my anger when

.....

Please help me to turn to You when I am in that situation and to ask You for help in that moment instead of relying on my own strength. Teach me to turn to You, God. In Jesus’ Name, I pray, amen.

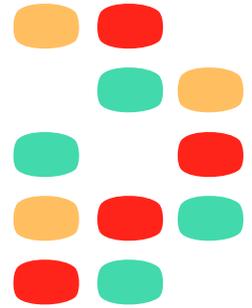
## Day 4

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**We are not alone when it comes to controlling our anger—God is with us, and God has also given us family and friends who can help us too.**

Think of someone you trust who could be a good partner as you work on controlling your anger. It could be a parent, sibling, or close neighbor or friend. Try to think of someone who is usually around or nearby when you are in those situations that tempt you to lose control of your anger.

Reach out to that person and ask them to hold you accountable to keep your anger in check. Explain to the other person what situations or people cause you to sometimes lose control of your anger. Come up with a code word you can use when you feel your anger rising, and then your friend will know to pray for you and even to step in if necessary and ease the tension of the situation. After you come up with your code word, take a minute to pray together and ask God to help you keep control when it comes to your anger.



## Day 5

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### What makes you angry?

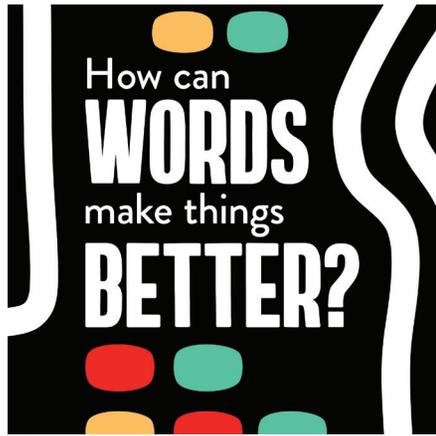
Today you’re going to make your own stress ball that you can use when you feel your anger rising. Grab the following items: a balloon, 1 cup of cornstarch, a funnel, scissors and a black permanent marker.

Next, use the instructions found here to make your stress ball: <https://bit.ly/38hDmwM> Note: If you don’t have a funnel, you can make one with a piece of paper as demonstrated here: <https://bit.ly/3Do31BY>

Lastly, use the marker to write “Proverbs 14:29” on the ball. Then open up your Bible or Bible app and read the verse while you squeeze the stress ball.

The next time you feel like you might lose control of your anger, grab the stress ball and give it a squeeze and remember the words of Solomon from Proverbs 14:29: “Anyone who is patient has great understanding. But anyone who gets angry quickly shows how foolish they are.” (NIRV)

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Handwriting lines for journaling.

Handwriting lines for journaling.

MEMORY VERSE

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

Handwriting lines for journaling.



Day 1

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

After watching, write one thing that:

1. You liked:

Handwriting line for response 1.

2. You learned:

Handwriting line for response 2.

3. You'd like to know:

Handwriting line for response 3.

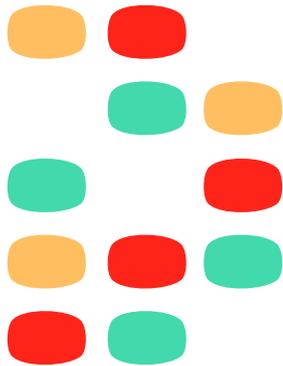
## Day 2

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### Read Proverbs 12:18

Proverbs 12:18 isn't a particularly long verse, but it packs a big punch, with talk of cuts and swords and healing. Our words yield a lot of power!

Commit to memorizing this verse this week, and get a jumpstart by making up motions to say with the verse. After you figure out the motions you will use, repeat the verse three times, doing the motions at the same time. Then every day when you do your devotions, repeat the verse and motions again. You'll have this powerful truth memorized in no time!



## Day 3

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### The best way to choose your words carefully is to think before you speak.

And the best way to use that intentional thinking time is ask God to help you to choose the right words.

Take a few minutes to talk to God right now and ask Him to help you turn to Him whenever you need His wisdom in choosing the right words to say. You can use the prayer below, or speak your own, knowing that God hears you no matter what.

Dear God, thank You for always speaking words that heal to me. I want to show others love the way You do with our words. I know that You are with me always, and I can turn to You for help whenever I need Your wisdom. Please help me to choose my words carefully, and when I'm not sure what the wise thing to say is, to ask You for help. In Jesus' Name, I pray, amen.

## Day 4

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### Our words have the power to hurt, and they have the power to heal.

Most of us would say we want our words to be healing, but so often we don't take the time to choose our words carefully. It can take a while to make a habit of thinking before we speak, so sometimes, gentle reminders are good!

Grab five plain bandages and a pen or thin marker. Try to write the word THINK on the band-aid. If it doesn't work, that's okay. The band-aids can still be your reminder to choose words that heal.

Place each of the bandage somewhere on you, places you regularly see, and things you often use—especially focusing on places where you are most likely to interact with others. Every time you see the bandage, remember to think before you speak and choose your words carefully!



## Day 5

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### How can words make things better?

Have you ever seen those inspirational posters that are often hanging in school rooms or doctor's office? They say things like, "Mindset is everything" and "Dreams don't work unless you do."

Words can make things better! If you choose your words carefully, you can inspire, encourage, help, and heal others with the words you say.

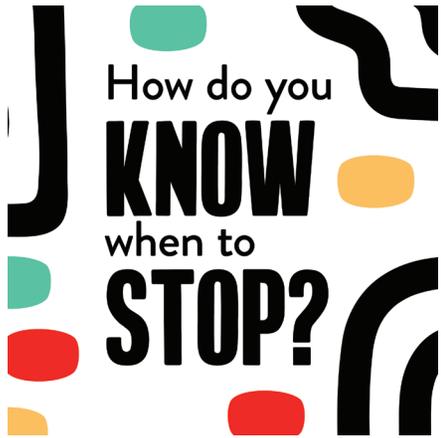
Find the biggest piece of paper you can to make an inspirational poster of your own. First, write the word THINK down the page. Beside each letter, write the following words.

- True
- Helpful
- Inspirational
- Necessary
- Kind

Decorate the poster and then hang it in your room. Remember to ask yourself the following questions before you speak to others. Is what I'm about to say . . .

- True?
- Helpful to the person I'm speaking to?
- Inspirational? Will it encourage the other person?
- Necessary? Some things may be true but they aren't really necessary to share.
- Kind?

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the question 'How do you know when to stop?'

MEMORY VERSE

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

Journaling lines for the memory verse.



Day 1

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

After watching, write one thing that:

1. You liked:

Journaling line for '1. You liked:'

2. You learned:

Journaling line for '2. You learned:'

3. You'd like to know:

Journaling line for '3. You'd like to know:'

## Day 2

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### Read Proverbs 25:16

Proverbs 25:16 might just about be one of the funniest verses in the Bible. But it's also very true and helpful!

Honey may not be something you're tempted to eat too much of, but there probably are things you tend to eat too much of, or things you spend too much time on.

~~~~~  
Try filling in the blanks to make your

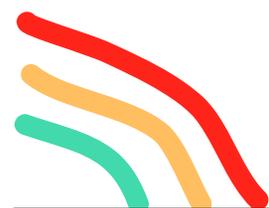
own version of this wisdom from Solomon.

If you find .....,

..... just enough.

If you ..... too

much of it, you will.....



## Day 3

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**Take a look back at the words you filled the blanks with yesterday.**

Whether it's a food or an activity that you struggle to stop, sometimes it's hard to know just how much is too much. But just with all areas of self-control, God wants to help you!

Go on a prayer walk to the area of the house that represents the area of greatest struggle for you when it comes to self-control. If it's video games, go sit by the console. If it's pizza, go sit in the kitchen. If it's your phone or tablet, set it nearby (but no touching!). Then pray this prayer out loud (or in your head, if people are around), and ask God to help you have self-control to **know when to stop**.

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Dear God, You know that I struggle with stopping .....

Even now as I look at it, it seems hard to imagine having self-control. But

I know that You are more powerful than anything, so You can give me the wisdom to know when to stop, and the strength to follow through. Please help me to choose to do what I should even when I don't want to. In Jesus' Name, I pray, amen.

## Day 4

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**If there is something you struggle with stopping, chances are good there is someone else in your life who has the same or a similar struggle.**

It might be your best friend who is obsessed with same YouTube Channel as you, or your sister who loves soda as much as you do. This means they've also probably experienced that upset stomach, lack of sleep, or other natural consequence that comes from doing/eating too much. Reach out and ask them about being accountability partners to work on self-control when it comes to that thing. Maybe you can agree on a certain amount of time that you will watch YouTube, or to limit your soda to a certain amount. Each of you can fill out the contract below and commit to choosing to stop before you pay the price!

~~~~~  
**Your name:** .....  
Thing I struggle to control:

When should I stop?.....

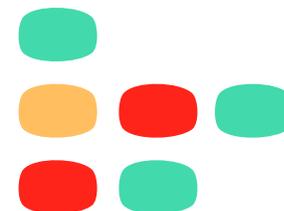
Signed: .....

**Friends name:** .....  
Thing I struggle to control:

When should I stop?.....

Signed: .....

**When we will check in w/each other:**



## Day 5

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**How do you know when to stop?**

Grab a sheet of paper and a pencil. Close your eyes, and without touching the paper, quickly try to draw a line across the paper getting as close as possible to the edge, but not going over. Keep trying, experimenting with different speeds. Do you get any better with practice?

Now, ask a friend to help you. Close your eyes again and have them tell you when to stop. You can probably get really close to the edge without going over when you have someone else's help, right?

This week you've taken time to figure out what areas you need God's help for more self-control. But **how do you know when to stop?** Sometimes we have blind spots when it comes to our self-control. But the more that we practice giving ourselves limits, asking others for accountability, and most importantly, asking God for help, the better we will get at knowing when we should stop.