



First, watch
this week's
video!

Self-control:
Choosing to
do what you
should even
when you
don't want to

Memory Verse

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

2 Peter 1:3a, NIV

Bible Story

Jesus Is Tempted
in the Desert
Luke 4:1-13
(Supporting:
Matthew 4:1-11)

Key Question

When is it hard to do the right thing?

Use this guide to help your family learn how God wants us to live with self-control.

Activity

Remote Self-Control

What You Need:

Scissors, printer OR paper and pencil, bowl or jar, timer

What You Do:

Six index cards, pen or pencil (bonus if you have an actual old-school remote control!).

Card 1: **Press play.** Make the right choice when I see something I can help with.

Card 2: **Press pause.** Think about my actions before doing them.

Card 3: **Think fast-forward.** Prepare myself by reading the Bible and spending some time with God.

Card 4: **Rewind to the Bible.** Play back all the times God has shown love for people.

Card 5: **Power up.** Remind myself that God's Holy Spirit is working within me.

Card 6: **Turn the volume down** on what others tempt me to do. Turn the volume up on what God says is the right choice.

Say, "We're going to use the symbols on a remote control to help us with our self-control."

Ask your child to read the phrase on the first card, while you read the rest of the text above to help explain it. Then have your child flip the card over and draw the corresponding remote-control symbol. (Feel free to consult an actual remote or Google!) Go through the rest of the cards in the same way. While your child is drawing each symbol, ask, "When would you use this self-control technique?"

Talk About the Bible Story

In our story, how was Jesus ready to do the right thing? (*Jesus knew Scripture. He was familiar with God's character and knew what God would want him to do.*)

Do you think it was easier or harder for Jesus to resist temptation than it is for us? Explain.

When is it hard to do the right thing? Explain.

How do you know when you're being tempted?

How can you tell when you've made a wise choice?

Parent: Make it personal by sharing a time in your life when you were tempted to lose control and do the wrong thing. How were you prepared to do the right thing?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for giving us all we need to live in a way that pleases You. Your power comes as we know and follow You. Remind us to hit PAUSE and call on You for help to do what's right this week. When it's hard for us to have self-control, remind us that Jesus faced temptations just like us. Your power that helped Him will help us, too. Amen."

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



Lined area for journaling responses to the prompt.



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:

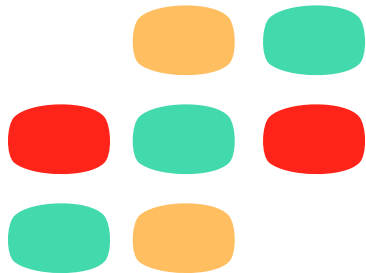
Day 2

Read 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!



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Memory Verse

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NlRV

Bible Story

Broken-Down Walls
Proverbs 25:28

Key Question

When do you lose control?

Use this guide to help your family learn how God wants us to live with self-control.

Activity

Tissue Issue

What You Need:

Tissue, Bible or Bible app

What You Do:

Together, look up Ephesians 5:15-17. Ask your child to read the verses out loud a couple of times. Once they're familiar with it, hand them a tissue.

Say, "In a moment, you're going to put this tissue over your face. Then, I'm going to read the verse out loud, pausing along the way. When I pause, you have to blow the tissue up into the air and tell me the next word before it falls down. For every word you get right, you get a point. But if you lose control of the tissue and it falls to the ground, you get no points. How many points do you think you can get?"

Read the following phrases, pausing at the end of each one. Keep track of your child's score, based on the game rules described above.

Ephesians 5:15-17 (NlRV)

- So be very careful how you . . . (live).
- Do not live like people who aren't . . . (wise).
- Live like people who are . . . (wise).
- Make the most of every . . . (opportunity).
- The days are . . . (evil).
- So don't be . . . (foolish).
- Instead, understand what the Lord . . . (wants).

When you're finished, tally up the score. Congratulate your child on their effort. Remind them that losing control of the tissue is a simple reminder that nothing good comes from losing control.

Talk About the Bible Story

What does it mean to have self-control?

How does self-control protect us, like an ancient city's walls protected the city?

When do you tend to lose control?

Are there any areas of your life where I or other adults have placed more "walls," boundaries, or rules than you'd like? If you grow in self-control, how could that show that you might be ready for some of those walls to open up?

Parent: Share about a time when you lost control and it caused trouble. Remind your child that even when we do lose control, we have the opportunity to "make it right" by asking for forgiveness—and asking the other person how we can help fix what went wrong.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, please be our strong wall and protect us from saying or doing things that will lead us into trouble. Give us Your power to live wisely and carefully as we follow You this week. In Jesus' name, amen."

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



Journaling lines for the 'When do you LOSE CONTROL?' prompt.



Day 1

After watching, write one thing that:

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

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- 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
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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
E	S	U	E	T	T	O	S	O	P	A	A	A	H
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.

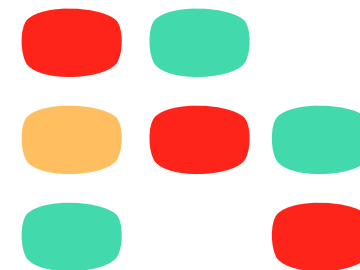
Day 4

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!

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Memory Verse

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

2 Peter 1:3a, NIV

Bible Story

David Spares
Saul's Life
1 Samuel 24

Key Question

What makes
you angry?

Use this guide to help your family learn how God wants us to live with self-control.

Activity

Story Scramble

What You Need:

Scissors, printer OR paper and pencil, bowl or jar, timer

What You Do:

Show your child the masking tape line and tell them you're going to play a game.

Say, "Stand on one side of the line. I'm going to read out a situation. If that situation would make you angry, frustrated, or annoyed, jump to the other side of the line. Jump big if the scenario would make you really angry, and give just a little hop if it would only make you slightly angry."

Read the suggestions below, one at a time, pausing after each one to give your child an opportunity to jump.

- A kid cuts in front of you in the cafeteria line at lunchtime.
- I say "no" to getting a special dessert.
- You get your device taken away as a consequence.
- Someone else uses something of yours without asking.
- Someone accidentally breaks something of yours.
- The restaurant your family picked doesn't have the food you like.
- Someone on your team messes up and your team loses the game.
- You mess up in practice for your sport or music (insert whatever is applicable for your child) 12 times in a row!
- Someone calls you a mean name.
- A friend ignores you on the bus or playground.
- Plans changed unexpectedly, and you can't do something you wanted to do.

Talk About the Bible Story

Who was angry in our story today and why? (*David was angry with Saul because Saul kept trying to hurt him. Saul was angry at David because he was jealous.*)

Did David let his anger control him? How do you know? (*David didn't let his anger control him. He allowed Saul to go free when he had a chance to hurt him.*)

Are there times when it's okay to be angry? If so, when are those times?

How can we be sure that our anger won't take control of us? (*When we get angry, we can pause. We can take a deep breath and think about how God would want us to respond.*)

Parent: Share at least one strategy you use to maintain self-control instead of letting your anger take over.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for the emotions You have given us! We know that You gave us these emotions so we can feel, become passionate, and change the world around us for the better. Please forgive us for the times we have allowed our anger to control us instead of showing self-control. We love You, and we ask these things in Jesus' name. Amen!"

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



Journal writing lines for the 'What makes you ANGRY?' prompt.



Day 1

After watching, write one thing that:

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!

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

Day 2

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.

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

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

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.**

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

.....

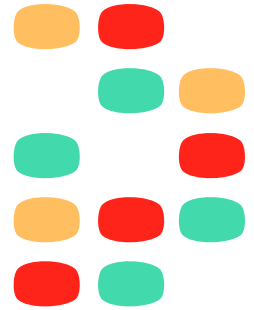
Please help me to turn to You when I am in that situation and to ask You for help in that moment instead of relying on my own strength. Teach me to turn to You, God. In Jesus’ Name, I pray, amen.

Day 4

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

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)

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Use this guide to help your family learn how God wants us to live with self-control.

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Memory Verse

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

Bible Story

Choose Your Words Carefully
Proverbs 12:18

Key Question

How can words make things better?

Activity

Idiom, Um?

What You Need:

No supplies needed

What You Do:

Explain what an "idiom" is. Tell your child, "An idiom is a common phrase which means something different from its literal meaning, but we can understand it because of the way it's commonly used."

Give an example of an idiom that you think your child would understand, such as, "beat around the bush" (meaning to avoid talking about something important) or "on cloud nine" (meaning being very happy).

Read the following idioms and allow your child to guess their meaning. Keep track of how many they correctly guess. As you go, ask your child if they've heard these idioms before.

Idioms:

- "speak volumes" (*to represent/display*)
- "speak out of turn" (*to say something inappropriate*)
- "not on speaking terms" (*to have a disagreement with someone*)
- "so to speak" (*that an expression is not literal*)
- "speak well/ill of" (*compliment/criticize*)
- "speak the same language" (*to agree or think alike*)
- "speak up" (*to talk louder*)
- "speak out" (*to make public an opinion or complaint*)
- "speak your mind" (*to say what you're thinking or believe*)
- "speak for yourself" (*say your own opinions*)
- "spoken for" (*taken, claimed, belonging to someone*)
- "speak up for" (*to defend someone else*)

Talk About the Bible Story

How can you remember to THINK before you SPEAK?

What are some examples of helpful/kind words versus words that cut like swords?

Just because something is true, does that mean it's okay to say it? Why or why not?

Parent: Share about a time when you did NOT think before you spoke. What happened?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we know that our words are important, because our words show others what is in our hearts. Please help us to choose our words carefully so that we can show each other love and healing . . . instead of causing harm. We pray that You would remind us of this throughout the week. Amen."

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



A series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

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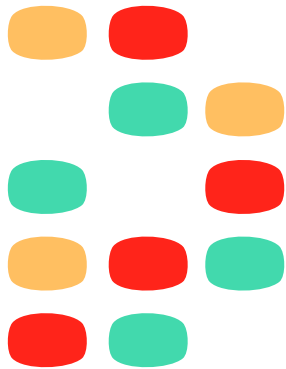
.....

Day 2

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

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

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

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?

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2 Peter 1:3a, NIV

Bible Story

Too Much of a Good Thing
Proverbs 25:16

Key Question

How do you know when to stop?

Use this guide to help your family learn how God wants us to live with self-control.

Activity

Luck of the Draw

What You Need:

Deck of cards (can be any cards from any card game, as long as the cards have numbers on them; if you choose, remove the "face" cards like jack, queen, king, and ace or explain the value of each)

What You Do:

Sit across from your child and place the deck of cards between you.

Say, "When I say 'go,' we're both going to draw a card from the stack and hold it to our foreheads facing out. I should be able to see your card, but not my own, and vice versa. Based on my card, you're going to guess if yours is higher or lower. If you get it right, you get to keep your card. If not, I get to keep your card. Then we'll draw again, and it's my turn to guess."

Play until the deck of cards in the middle is gone. Count to see who won the most cards, and declare a winner.

Say, "You used some great thinking skills to make a decision about your cards. It's important to collect information and THINK before you do something. That's not only good advice for a game strategy—it works for everything in life."

Talk About the Bible Story

According to Proverbs 25:16, even if something is a good thing, we can get or do too much of it. Give some examples.

When do you tend to push the limits to see how far you can go with something, or how much you can have of something?

In our game, if I held up a high card, you probably guessed that yours was lower. Similarly, we can look for signs in life to avoid risky situations. What are some signals you can watch for to know when something has gone from "enough" to "too much" in the things you do or say?

What's one thing you want to do a better job of controlling this week?

Parent: Make it personal by sharing something YOU like so much that it's hard to stop. Also tell your child how you know when to stop—whether by setting a limit, setting a timer, etc.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You so much for the good things You give us! Thank You for good food and fun things to do. Help us remember that EVERYTHING has a 'too much.' Help us have self-control and know when to stop. We love You so much, God. Amen."

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



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



Day 1

After watching, write one thing that:

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

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

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

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**.

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

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:

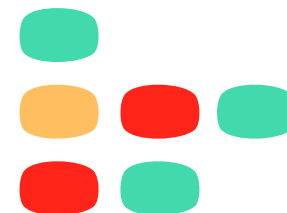
.....

When should I stop?.....

Signed:

When we will check in w/each other:

.....



Day 5

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.

