

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

Read: Proverbs 13:6

DAY

1

Think Then Act

Play a game of Simon Says. Listen carefully to Simon and try and stay in the longest! Make sure you think before you act to stay in the game.

LOOK for ways that you can pause and think before you act.



DAY

2

Would You Rather

Play a game of Would You Rather. Use the scenarios below to play.

Would you rather ...

1. Eat half a donut now or eat the whole thing later?
2. Swing on the swings for five minutes or wait and go to the park for an hour?
3. Get one piece of candy at lunch or go out for ice cream after dinner?

KNOW that having self-control helps us in life.

DAY

3

Doing Right

In the story of David and Saul from this week, we learned that David had a chance to end Saul's life, but instead showed self-control. You always have a choice to do the right thing. It may not be the easy choice, but doing the right things helps us continue doing what's right the next time as well.

ASK God to help guard your words and actions to do the right thing.



DAY

4

Pray Before You Act

Just like praying before you speak, pray before you act. When you are about to do something for someone else, pause and ask God to be with you. You can pray your own prayer or pray the prayer below.

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 "Dear God, before I go into this day, I ask You to be with me. Please help me to act with self-control today. I pray that my self-control will help me do and say the right things."  
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THANK God for being a helper when we need self-control.



Think before you act.

