

# 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

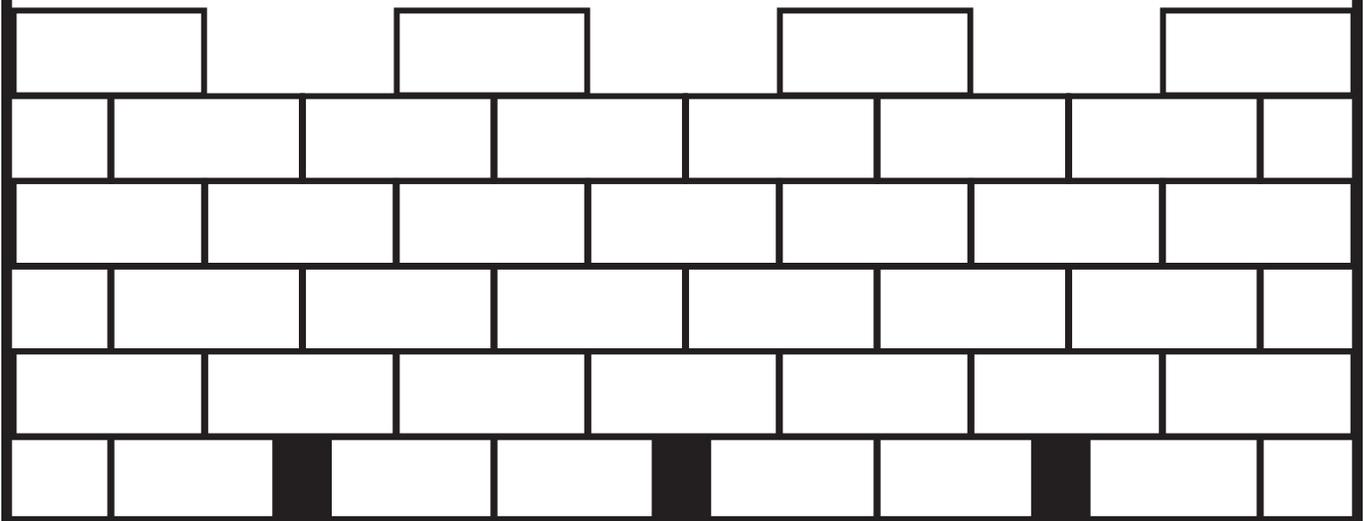
## Corner Conversation

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

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 "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"  
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When you lose control,  
it can cause trouble.

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.

## DAY 1

### Read Titus 2:11-12

Let's say a kid at school pushes you on accident causing you to fall and drop your binder. It springs open and all your stuff goes flying. The kid, who didn't really mean to push you, starts laughing because your fall was pretty hilarious. But you don't think it's funny.

You want to push that kid back. You want to yell some insult.

We've all been tempted to hurt someone when something makes us angry. But self-control requires us to stop and think before we act. As our verse reminds us, God can help you say "NO!" to responding in a way that makes things worse. When you stop and think, you have the chance to **ask yourself, "What is the best response?"**

## DAY 2

### Read Proverbs 10:17

Imagine you're on a path in the woods. The path is marked by white slash marks on the trees. Those white marks are the only way to know whether you should turn right or left.

If you ignore them to try your own way, you'd get lost. You could get into some real trouble if you weren't careful to follow the marked path.

In a similar way, we need to listen to people around us who follow God. People who have been following God a little longer than you. They've made mistakes they want to help you avoid. When it comes to self-control, doing what you should do—listening to those who are wiser than you—can keep you safe.

#### Lava Floor

With an adult's permission, create a path on the floor with pillows. Pretend the floor is lava and see if you can make it all the way across the room from the doorway to your bed stepping only on the pillows.

As you jump, remember that listening to correction from people who are wiser than you puts you on the right path. Ignoring their instruction can get you lost or worse—covered in lava!

DAY 3

### Read Philippians 4:8

Wouldn't it be cool if you could capture all the things you think about in a day and put them in a jar? That jar would probably be full of some pretty random stuff.

Like . . .

"Is lunch time yet?"

"Does my breath stink?"

Okay, those thoughts are kind of silly. But what about negative thoughts?

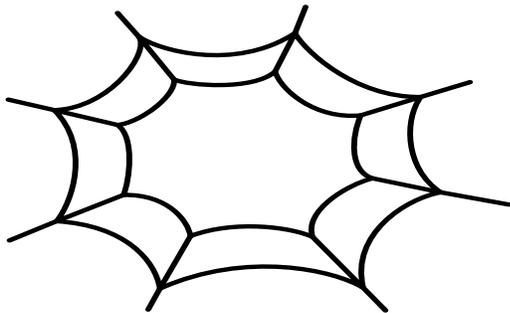
Like . . .

"I'll never understand this math homework."

"No one likes me."

Part of having self-control is controlling our thoughts. The key to stopping those negative thoughts, is to trap them. When those negative thoughts creep in, we need to remember what Jesus has done for us. That will help us focus our thoughts on what is true, noble, right and pure, lovely and worthy of respect.

Write down a negative thought you've had about yourself in the space below. Read today's verse again and ask God to help you trap those negative thoughts as you focus on Jesus.



DAY 4

### Read 1 Corinthians 15:33

This week, we've been learning that doing what you should do can keep you safe. One thing you might not think about when it comes to having self-control are your friendships. The people you choose to hang out with really can affect the choices you make.

If you hang out with someone who is constantly breaking the rules, it's much easier to break the rules. If you hang out with someone who is always saying negative things, it's much easier to see everything in a negative way.

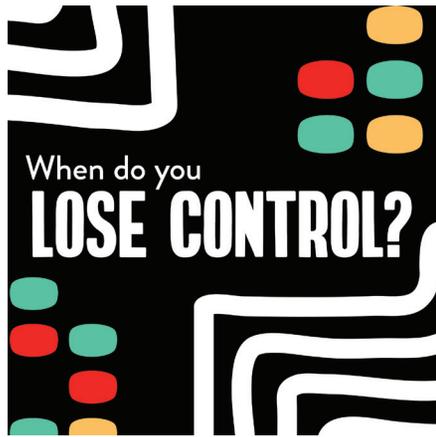
Bad companions—friends who consistently make unwise choices—can make a good person bad. Good friends can help you make wise choices. Bad friends, friends who are unkind, who lie, who push to the front, who only look out for themselves, they can influence you to make unwise choices. Choices that can hurt you and others.

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So what about your friends? Are they helping you make wise choices that lead to self-control? **Ask God to help you find the kind of friends who are kind and helpful.**



Doing what you should  
can keep you safe.

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.

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 25:28

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.

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## 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.*

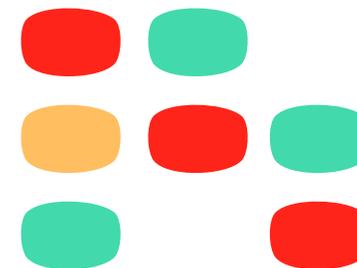
## Day 4

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!