



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

**First, watch
this week's
video!**

**Self-control:
Choosing to
do what's wise
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)

Bottom Line

Be ready to do the right thing.

Activity

Sit-and-Stand

What You Need:

No supplies needed

What You Do:

Tell your child that you're going to play a game. Read from the "Would You Rather" options below, and ask your child which option they would choose.

Say, "If you'd want the first option, sit down. If you'd want the second option, stand up." Feel free to participate by standing and sitting yourself!

After each round, ask your child why they chose the option they did.

Would You Rather:

1. a) have to give up fruity candy (Skittles®, Starburst®, Twizzlers®, etc.) for the rest of your life, or b) give up anything chocolate for the rest of your life?
2. a) walk through a desert in a ski suit, or b) walk through a snowstorm in summer clothes?
3. a) have the ability to fly, or b) have the power to read people's minds?
4. a) be a world-class athlete, or b) be an award-winning actor?
5. a) be able to talk to animals, or b) speak five languages?
6. a) have 100 spiders in your room, or b) eat five spiders?
7. a) live on the moon, or b) live underwater?
8. a) have hands for feet, or b) have feet for hands?

Talk About the Bible Story

Our story today was about making choices. Who was making the choices in the story? (*Jesus*)

No matter how Jesus was tempted, He always made the right choice. What did Jesus rely on to help Him make the best decision? (*Scripture*)

If Jesus relied on the words of Scripture to show self-control, whose words can you rely on to help you? [Hint: There's more than one right answer!] (*the Bible, our parents' words, our Small Group Leaders words', our coaches' words, our teachers' words*)

Have you ever been tempted to do what isn't right? What happened? [Don't worry, you won't get in trouble!]

What are some ways you can be sure that you're ready to do the right thing? (*Read the Bible, rely on the Holy Spirit, listen during church, participate during Small Group, pray*)

Parent: Make it personal by sharing a time in your life when you were tempted to lose control, but you kept it together. 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:

"God, thank You for the gift of your Holy Spirit. Your Holy Spirit helps us to do the right thing when we're tempted. When it's hard for us to show self-control, remind us to pause and think about how Jesus faced temptation—just like we do. Help us to be like Jesus and to do the right thing. In Your name we pray, amen."



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Bible Story

David Spares
Saul's Life
1 Samuel 24

Bottom Line

Don't be controlled
by your anger.

Activity

Jump to It

What You Need:

Masking tape line

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.*)

Is getting angry a bad thing? (*No. Everyone gets angry.*)

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!"

Remote Control: The choice is yours



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Bible Story

Broken-Down Walls
Proverbs 25:28

Bottom Line

When you lose control, it can cause trouble.

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Activity

Wall All Fall Down

What You Need:

Plastic cups (such as Solo® cup)s, several pairs of balled-up socks, laundry basket

What You Do:

Place the laundry basket on one side of the room. In front of the laundry basket, create a wall using the cups. The wall should reach the same height as the top of the laundry basket.

Say, "I'm going to give you a ball of socks. Try to toss it into the laundry basket without knocking over the wall of cups. Ready?"

Start your child off at a close distance to the basket. They should be able to get the socks in without disturbing the cups. Then, have them step back before tossing in another ball of socks. Keep going until you're out of socks. If the cups fall down before your child has tossed in all the socks, rebuild the wall, then have them take a step forward and try again.

Then say, "The farther you got from the basket, the more difficult it was to control where the ball of socks landed. If we don't have wisdom from God to give us direction for our lives, we'd be like the socks tossed from far away, easily out of control—only MUCH worse. When people get out of control, we don't just topple over a few cups. We can end up hurting someone else or causing a big problem."



Talk About the Bible Story

What does it mean to have self-control?

What can happen when we don't have self-control? (*We can hurt people, make a big mess*)

When was the last time you lost your self-control? What happened?

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, thank You for giving us the Holy Spirit so that we can choose self-control. Please help us always pay attention to the people around us so we don't hurt anyone or put ourselves in danger. Help us to be aware of the times when we lose control, and give us the power to stay in control the next time something similar happens. We love You, and we pray these things in Jesus' name. Amen."

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Bible Story

Choose Your Words Carefully
Proverbs 12:18

Bottom Line

Think before you speak.

Activity

Which Word?

What You Need:

Six note cards, pen or pencil

What You Do:

Write the following words on the front and back of each note card:

Front:	Back:
<i>King Solomon</i>	<i>King David</i>
<i>Proverbs</i>	<i>Matthew</i>
<i>Words</i>	<i>Actions</i>
<i>Sword</i>	<i>Fork</i>
<i>Healing</i>	<i>Happiness</i>
<i>Think</i>	<i>Jump</i>

Tell your child that you'll read a sentence, and they need to fill in the blank. However, instead of them thinking of the answer completely on their own, you're going to hand them a note card with two answers. One is correct and one is not. They have to choose the correct word to give the right answer.

Ask each review question and give your child the corresponding note card.

Review Questions:

- Which king was one of the wisest people to ever live? (*King Solomon*)
- Which book of the Bible contains many of Solomon's wise sayings—including the one we're looking at today? (*Proverbs*)
- What do many of Solomon's wise sayings remind us to be wise with? (*words*)
- The words of thoughtless people can cut . . . like what sharp object? (*sword*)
- The tongue of a wise person brings what? (*healing*)
- We should ____ before we speak. (*think*)

Talk About the Bible Story

Words ARE powerful. When do words "cut like swords" and hurt us? (*when they're used in a negative or thoughtless way*)

When is it hard to control the things you say? (*Help your child think about situations other than when they feel angry. Guide the conversation toward the area of "thoughtless" words, such as when they tell jokes or make fun of someone, are showing off or trying to be cool, bragging, swearing, drawing attention to themselves, etc.*)

How can you remember to THINK before you SPEAK?

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 are so thankful that You want to use our words to make a huge impact in the world around us! God, remind us that the words we choose each and every day have the power to hurt someone or help someone. Please show us how to have self-control with our words. Let Your Holy Spirit remind us of the power we have within us, and help us remember to think before we speak. We love You, and we pray these things in Jesus' name. Amen!"



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Bible Story

Too Much of a Good Thing
Proverbs 25:16

Bottom Line

Know when to stop.

Activity

When to Stop

What You Need:

Masking tape line on the floor, blindfold or sleep mask

What You Do:

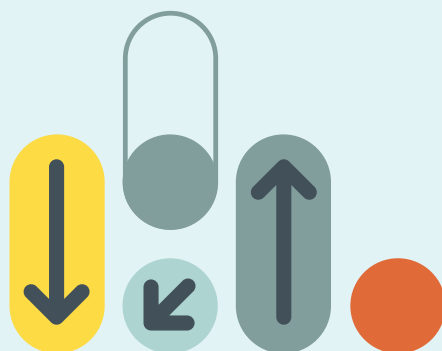
Clear out a big space in the middle of a room, and put a line of masking tape on the floor. Put the blindfold or sleep mask on your child. Tell them that, when you say "go," they should start walking toward the line. When they think they're at the line, they should yell out "stop" and stop walking.

Place your child a few steps away from the line. Put on their blindfold and then tell them to go. When they say "stop" and stop, take off their blindfold, and let them see where the line is.

Ask, "Did you know when to stop?"

Continue playing the game as time allows. Move them to different positions in the room. You can even spin them around a few times before letting them walk toward where they think the line is. Each time they stop, take off the blindfold and ask, "Did you know when to stop?"

When time runs out, say, "Sometimes it's hard to know when to stop, isn't it? But if we don't know when to stop, we can end up hurting others or hurting ourselves. We can end up having too much of something."



Talk About the Bible Story

What are some things you like to eat or do SO MUCH that it's hard for you to stop? (*candy, cookies, chocolate, playing video games, watching TV*)

Have you ever done one of those things so much that you wish you had stopped? How did that feel?

How can you know when to stop in the future? (*Ask your parent to help you set limits; respect your parents when they tell you to stop; pay attention to how many things you're eating, or how much time you're spending on something*)

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."