

# SELF-CONTROL

● *Choosing to do what you should even when you don't want to*

**BOTTOM LINE:** Know when to stop.

**Read Psalm 141:3**

**DAY 1**

## Paraphrased Psalm

With the help of an adult, look up this week's Bible verse: Psalm 141:3. Practice it together a few times. Now, put this verse into your own words to make it easier to remember. Once you have talked it through and practiced, go tell someone else your version of this verse and see if they can understand what your verse means.

**LOOK** for opportunities to practice guarding your mouth.

**DAY 2**

## Red Light, Green Light

Gather some friends and play a game of Red Light, Green Light. Here are the rules: One person is chosen to be the traffic cop. All the players stand on the starting line and the traffic cop has his back to the rest of the players. When he says "**green light**," players try to run toward the finish line. When the traffic cop says "**red light**," he turns around and players have to stop in their tracks, if you keep moving you have to go back to the start. This is a quick moving game, so the "cop" may change to green light or red light very quickly until one person has reached them. Whoever reaches the cop first gets to be the new cop!

Although this is just a game, it takes a lot of self-control! You have to stop at just the right time or you may have to go back to the start or if you run too fast you may get hurt! Just like in real life, you have to know when to stop so you don't get hurt or don't end up hurting others.

**KNOW** when you need to stop so you don't end up hurting yourself or others.

**DAY 3**

## Prayer Stop!

Take a walk around your home, stopping and praying about the people, things, and places where you struggle to use self-control. For example, if you need to have self-control at school, walk over to your backpack, stop, and pray that you can have self-control at school. If you need to have self-control while playing video games, walk over to your console and pray that you can have self-control while playing. You can use this template and fill in the words you need:

"Dear God, Please help me know when to stop and have self-control at \_\_\_\_\_. Thank you, God. Amen."

**THANK** God for helping you learn when to stop.

**DAY 4**

## Stop, Think, Breathe, Move

Throughout this month, we came up with plans to help us with our self-control. We created our own plans, learned about counting to 10, and more. Now, try this: Stop, Think, Breathe, Move. This is another great tool to help you regain your self-control when it gets hard. Here is what you do: **STOP** whatever you are doing that is making you upset. **THINK** about what made you upset. **BREATHE** some deep breaths until you calm down. Lastly, **MOVE** on to something else to remove yourself from the upsetting situation. Saying these four words out loud to yourself, along with doing them whenever you need, is another great tool to help you with your self-control!

**ASK** God to help you remember your plans so that you can always practice self-control.

