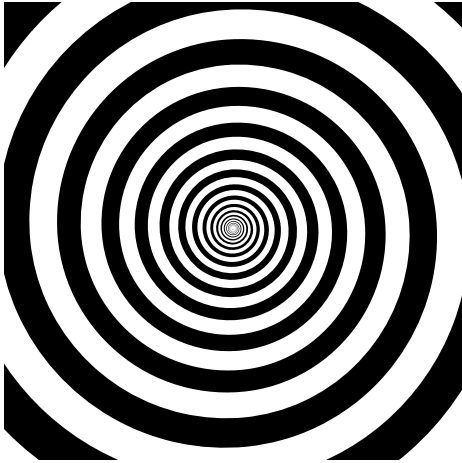




- Choosing to do what you should**
- even when you don't want to

READ 1 PETER 5:8**DAY 1**

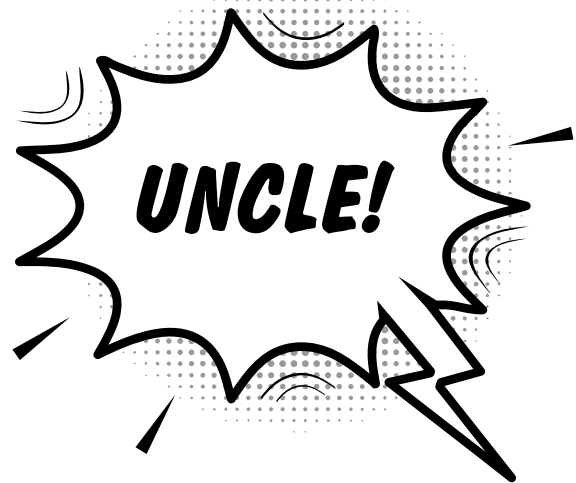
Grab a family member to help you for a minute. First, ask them to play a quick game of tag. See how long it takes them to catch you. Then, spin around in a circle for several seconds until you're really dizzy and immediately resume the game of tag. How fast can they catch you now? Much faster, right?! When we are out of control, it's easier for us to get "caught" in sin and make bad choices!

ASK God to help you stay in control so you can avoid getting caught in poor choices.

READ 1 CORINTHIANS 10:13**DAY 2**

Have you ever seen two people competing—even in something as silly as a tickle war—and one person shouts "Uncle!"? They're not actually calling for their parent's brother; "uncle" is a cry for mercy. It means, "I give up! Please, stop!"

When it comes to making choices about whether to do the right thing or not, we can call "Uncle!" to God, and He will help us. Of course, we don't have to actually shout "Uncle!" out loud, but we can ask God for help at any time, and He will respond and give us a way out of the temptation to do the wrong thing. What's a fun word you could use to remind you to pray for help when you are tempted to lose control?



KNOW that God wants to help you have self-control.

READ 2 TIMOTHY 1:7

DAY 3

Stand in front of a mirror and repeat the words to 2 Timothy 1:7, making up actions for some of the words, like . . .

Weak (become like a droopy marshmallow)

Fearful (make a scared face)

Power (flex your muscles)

Love (put your hands over your heart)

Control (clench your fists by your side)

When we put our trust in Jesus, God gives us His Spirit to help us choose self-control!

THANK God for giving His Spirit to all who follow Him.

READ ROMANS 8:5-6

DAY 4

Don't think about an elephant. Don't think about a purple elephant with pink polka-dots. Don't think about a purple elephant with pink polka-dots standing on a stool. Don't think about a purple elephant with pink polka-dots dots standing on a stool, balancing a red ball on its nose.

Let me guess—you're thinking about a purple elephant with pink polka-dots dots standing on a stool, balancing a red ball on its nose. Am I right?

It's easy to think of self-control as just the things that you DO (or don't do), but your thoughts are the beginning of self-control. You may think you don't have any control over your thoughts, but if you've put your trust in Jesus, you have the help of the Holy Spirit! Don't try to have self-control all on your own—ask for help!

KNOW that God gives us the ability to control our thoughts with the help of the Holy Spirit.

