



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

**READ 1 CORINTHIANS 13:4-5****DAY 1**

*Draw a line between the things that are opposite.*

Up	Hot
Cold	Left
Long	Love
Right	Down
Easily angry	Short

There are times when it is right to be angry—like when we see someone taking advantage of another person or causing harm to others. But being a person who is always angry—or who jumps to anger quickly—is not a loving person. The loving response is to think before you lose your temper!

**KNOW** that losing your temper quickly hurts those you love.

**READ JAMES 1:19****DAY 2**

Ask a parent or sibling to read the words below out loud. Every time you hear the word 'listen', run in place really fast. Every time you hear the word 'angry,' do a slow motion walk.

*listen listen listen listen listen listen angry listen listen listen listen  
listen listen listen listen angry angry angry angry angry listen listen  
listen angry listen angry listen angry angry angry listen listen listen  
listen listen.*

Phew! That was exhausting. But being slow when you heard the word 'anger' really helped, didn't it? It allowed you to catch your breath. Just like that, in real life, when you chose to be slow to anger, it will allow you to catch your breath and think before you do something that could hurt someone else.

**LISTEN** quickly, but be slow to anger!

## READ PSALM 141:3

DAY 3

Ask a parent for a Band-Aid® or a short piece of masking tape and a permanent marker. Write "Psalm 141:3" on the bandage or tape and then place it over your mouth while you read the verse again. Then peel off the bandage or tape and stick it on your bathroom mirror for a few days as a reminder to ask God for help with controlling the things you say.



**ASK** God to help you keep your mouth shut when you're angry.

## READ PROVERBS 29:11

DAY 4

*Who is the wisest person you know?* \_\_\_\_\_

*Do they seem out of control?* \_\_\_\_\_

*Who is someone you know who you wouldn't exactly take advice from?* \_\_\_\_\_

*Do they have a lot of self-control?* \_\_\_\_\_

Just like Proverbs 29:11 says, our self-control (or lack of it) displays how wise (or unwise) we are. If you want to be a wise person, you will have to do the things you should even when you don't want to.

**ASK** God to give you self-control and wisdom—they go hand-in-hand!

