

DAY 4

Sometimes we want to stop, but we don't know how. We don't want to get out of control with watching TV, or eating big snacks between meals, but it's hard to say 'no' when it's something we love.

If only there were a giant stop sign that would pop up in front of your face right when you needed it!

ACTUALLY, YOU CAN SORT OF DO THAT. HOW? YOU CAN SET LIMITS FOR YOURSELF.

Watching videos on your tablet? Before you start, set a timer.

Having a snack after school? Fill up a small bowl with the snack instead of just reaching again and again in the bag. Trying not to spend so much of your allowance? Only put \$10 in your wallet instead of every dollar you have.

When you find a way to limit yourself, self-control is built in. You'll know when to stop, because you won't have a choice!

Most important of all, pray. Ask God to help you. Ask Him in the moment, when you feel like saying 'yes' but you know you should say 'no.'

Remember that ultimately, your power of self-control comes from Him. He can give you the strength you need to stay safe, secure, and protected.



READ PROVERBS 25:16

DAY 1

It's pretty crazy that this verse is in the Bible, isn't it? It's not one that people quote very often. But they should! Maybe all of us don't struggle with eating too much honey. But all of us can struggle with having too much of *something*.

Notice that it says, 'you *will* throw up.' Not 'you *might* throw up.' If you don't know when to stop, you'll end up regretting it in the end.

In Solomon's day, they didn't have ice cream or sour gummy worms or chocolate chip cookies.

But they did have honey. For Solomon, honey was pretty much the BEST dessert. It was really rare, too. You had to *find* it. In a beehive, not the pantry.

Here's the thing. Right now you've got parents who tell you to stop. They tell you when you need to have self-control—when you need to take a breath and calm down, when you need to take a break from screens, and when you need to say 'enough is enough.'

As you get older, though, you'll see that the choice is yours. You need to be the one who can control yourself. And even though it's not easy, you can do it—with God's help. His Spirit gives you the ability to say, 'That's enough.'

You CAN have too much of a good thing. But you don't have to. *You* can get in the habit now of keeping yourself safe and protected—by knowing when to stop.



Take a minute to write down some of your favorite things. If you had a whole day completely free and you could do anything with your time, what would you do?

WHAT WOULD YOU WATCH?

WHAT WOULD YOU LISTEN TO?

WHAT WOULD YOU PLAY?

WHAT WOULD YOU EAT?

There's something important to know here. All those things you love? All of your favorite things? They aren't *bad* things. When we talk about self-control, we're not saying that God doesn't want you to enjoy those things.

In fact, God *gives* us those good things. He allows us to have them and use them and make the most of them. He also knows that we have our limits. That's the part that can be hard for us to understand.

It might seem like it's no big deal to watch one more episode of your favorite show, but what if your sister is hoping you won't because she wants to spend time with you? Did you know that she notices when you don't make time for her?

It's not about stopping something because you feel guilty. It's thinking through the consequences of your decisions—and deciding that it might be better to pay attention to her.

Today, thank God for the good things He's given you. Also, ask Him to help you stay in control and use them wisely.

DAY 3



FRIENDS ARE GREAT BECAUSE THEY'VE ALWAYS GOT YOUR BACK. HERE'S A WAY YOU AND A FRIEND CAN HELP EACH OTHER WITH SELF-CONTROL.

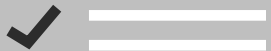
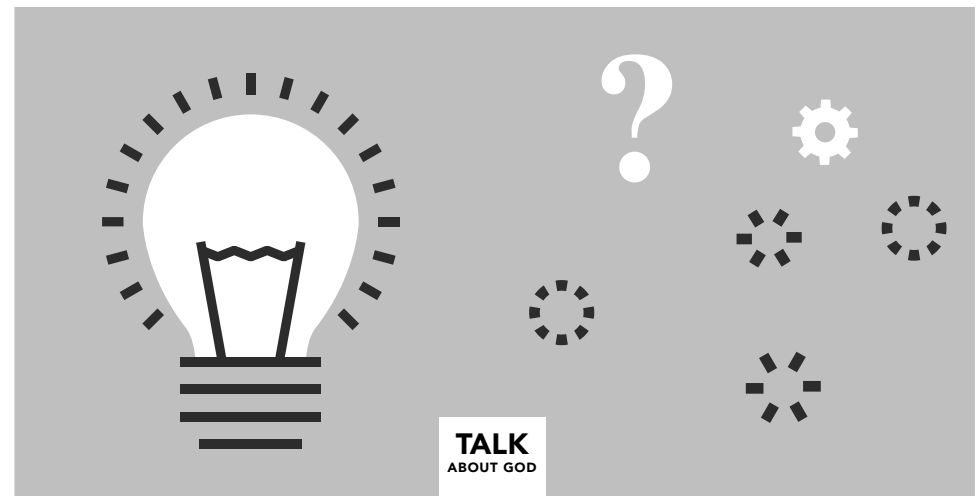
Have you ever heard the word 'accountability'? It means someone who knows what you're trying to do and is there to support you. They have permission to keep up with your progress. They can ask you questions anytime to make sure you're staying on track.

All it takes is finding someone who thinks something like self-control is important, just like you do.

Need an easy way to bring up the subject? Tell your friend that you're trying to get better in an area where you are tempted to overdo it. Then, ask your friend if they've got something like that too. Ask if you can check in with each other throughout the week.

When you see your friend, ask, "How's it going with _____ this week?" You have a lot better chance of being successful if you know there's someone tracking alongside you—someone who wants you to win.

Let them know you're with them, too. Say, 'I've got your back.' Remember, God can use your friendships to help you grow and live His way!



PRAY
TO GOD



TALK
ABOUT GOD