

Self-Control: Week 1

Memory Verse: Philippians 4:13

“I can do all things through Christ who gives me strength.”

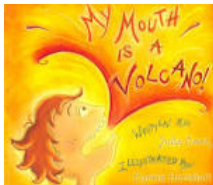
Self-Control means that you choose to keep your body in control even when you don't feel like it. When you are angry, you can choose to show self-control by using calm, careful words to tell someone how you feel. When you are excited, you can show self-control by not screaming and yelling, but giving a little cheer instead. Someone that can show self-control knows when it is okay to react and when to calm down.

<p>In this box, draw a picture of what you look like when you feel out of control.</p>	<p>In this box, draw a picture of what you look like when you are showing self-control.</p>
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Dig Deeper into What the Bible Says about Self-Control:

2 Timothy 1:7 “God did not give us a spirit of fear, but a spirit of power and love and self-control.”



Fiction Connection

My Mouth is a Volcano by Julia Cook

Just because you have something to say, doesn't mean you should say it. This book is about learning when it is okay to speak and when to show self-control by waiting.

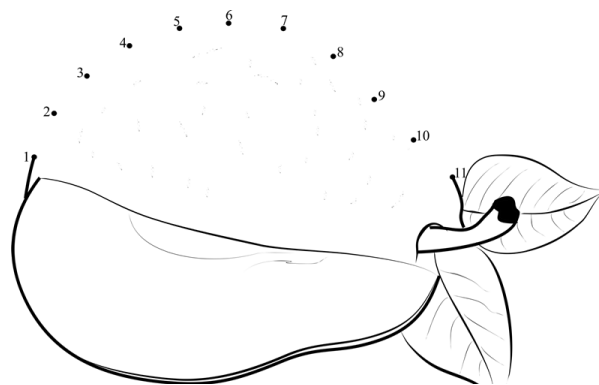
Self-Control: Week 2

Memory Verse: Philippians 4:13

“I can do all things through Christ who gives me strength.”

The Bible tells us that when we become a Christian, the Holy Spirit helps us to do what God wants us to do. One of the things that the Holy Spirit helps us with is showing self-control. We can ask God’s Holy Spirit to help us show self-control. We can show self-control when we choose to do what is right.

Show control of your fingers by carefully connecting the dots.



Dig Deeper into What the Bible Says about Self-Control:



Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; against such things there is no law.”

Fiction Connection

Interrupting Chicken by David Ezra Stein

As the father reads the little chicken a bedtime story, he keeps interrupting the story. Read this book to see how the little chicken learns to show self-control.



Self-Control: Week 3

Memory Verse: Philippians 4:13

“I can do all things through Christ who gives me strength.”

The Bible does not tell us that anger is bad. How we act when we are angry is important. When you choose not to stomp, shout, or fight when you are angry, then you choose to show self-control.

Ephesians 4:26 says, “In your anger do not sin.” Being angry means that you are not happy with what is happening. Showing self-control means that you can be angry, but you can’t choose to do what is wrong just because you are angry.

Use a red crayon to scribble out your anger.

Use a blue crayon to draw slow, calm circles.



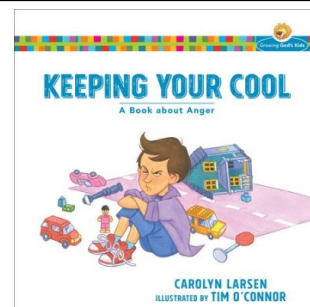
Dig Deeper into What the Bible Says about Self-Control:

Proverbs 16:32 “Better a patient person than a warrior, one with self-control than one who takes a city.”

Fiction Connection

Keeping Your Cool by Carolyn Larsen

This book can be found in the Christian bookstore. Read more about what the Bible says about controlling your anger.



Self-Control: Week 4

Memory Verse: Philippians 4:13

“I can do all things through Christ who gives me strength.”

God wants you to learn how to feel like you can control your emotions. He designed our body to have emotions like happiness, anger, sadness, and excitement. Self-control means that you have control over how you will act when you feel happy, angry, sad, or excited. You can learn self-control with practice.

List some good things that you can do when you feel these emotions.
Ask your parents to help you write about a way to act with self-control.

EXCITED about going to Six Flags

ANGRY that someone broke your toys

HAPPY that you are the first in line

SAD about not being invited to a party

Dig Deeper into What the Bible Says about Self-Control:

1 Peter 1:3-11

These verses in the Bible encourage us to go after self-control and other character qualities.



Fiction Connection

The Mess Detectives and the Case of the Lost Temper by Karen Poth

Our favorite veggie friends help us learn more about self-control with this silly story.