

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.

Finish this story with a way that the girl can choose to show self-control.

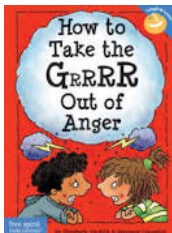
Alice was at her friend Jai'Veon's birthday party having fun jumping on the bounce houses. When it was time for cake, Alice sat down with her friends. She was so excited to eat the chocolate cake that Jai'Veon's mom brought for the party. Alice watched as each child got their cake. Just as Alice was about to eat a bite of cake, she bumped her plate off the table and the cake fell to the ground. Alice was so angry with herself so she

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



How to Take the Grrr Out of Anger

by Elizabeth Verdick and Marjorie Lisowskis

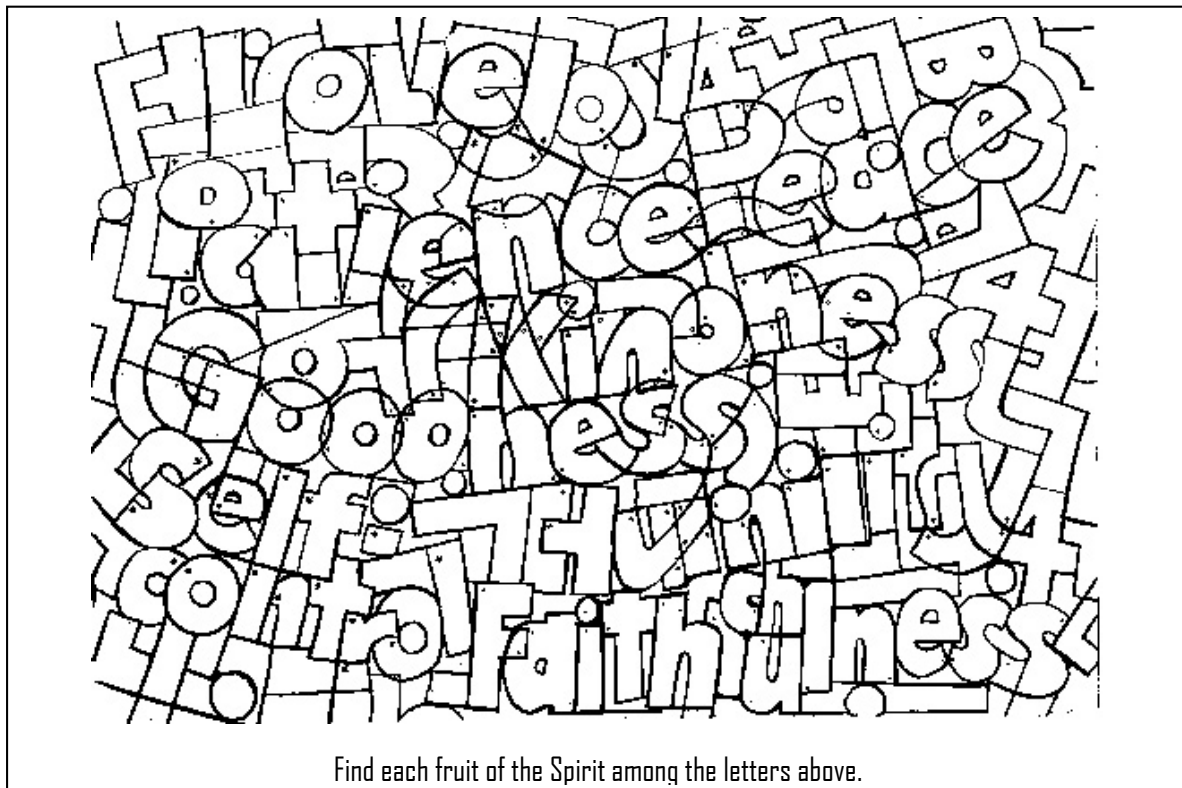
With humor and real life examples, this book is a great way to think through times when you are angry and choose to show self-control.

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.



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.”

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Joey Pigza Loses Control

by Jack Gantos



This book is about a boy that realizes that he can learn to show self-control by learning about how his father has gained control of his own emotions and impulses.

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.

Show control of your fingers by carefully connecting the dots.



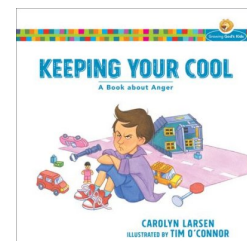
Dig Deeper into What the Bible Says about Self-Control:

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

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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.