



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

### READ 2 PETER 1:3-7

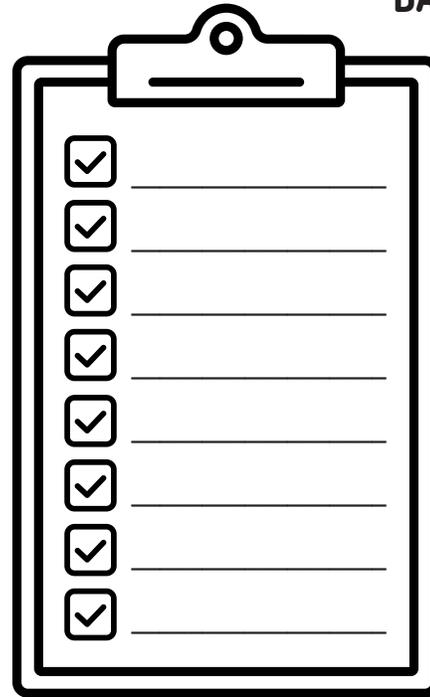
DAY 1

Make a list of some of your favorite things. Your favorite foods, activities, toys, etc.

Now circle the ones that you can sometimes lose control with and not know when to stop before you either get in trouble or make yourself sick or overly tired.

When you read 2 Peter 1:3-7, it may sound like a lot to do—and a lot you're NOT supposed to do as well. But the good news is that God has given us everything we need to have self-control. If you aren't sure when to stop and how to control your thoughts and actions, all you have to do is ask Him for the strength and power to do what you should, even if you don't want to.

**ASK** God for help having self-control, even when it comes to the good things in life!



### READ GALATIANS 5:16-17

DAY 2

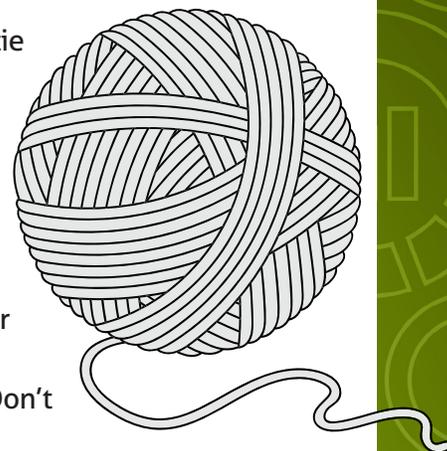
Grab a family member and play a game of thumb war. If you're feeling even more adventurous, graduate to some arm wrestling. Notice what happens when you start to lose the war—your arm, or your thumb—shakes, and you lose control. The same thing can happen when our spiritual selves—the part of us that knows what we should or shouldn't do—is battling our physical body in its desire for more. The good news, you're not battling it alone. If you put your trust in Jesus, God gives you the Holy Spirit, which will help you win the war!

**THANK** God for giving the Holy Spirit to those of us who follow Him.



**READ 1 CORINTHIANS 6:12**

Ask a parent for piece of string or ribbon. Then grab your favorite toy and tie one end to the toy and the other end around your wrist. Now try walking around. Imagine how annoying it would be if you drug the toy like that around all day long. It would change how you went about your day for sure, wouldn't it?



When we don't know when to stop doing something—even something that's good—it can begin to control us. It's like we carry it around wherever we go, and it interferes with our life and our relationships. Sure, you CAN play with the toy whenever you want, but that doesn't mean you should. Don't let it control your life and follow you around wherever you go!

**KNOW** that just because you can do something doesn't mean you should.

**READ TITUS 2:11-12**

By now you've learned a lot about self-control. What it is, how it can make your life better, and how God can help you with it? Knowing what you know, create an acrostic spelling out self-control.

**THANK** God for all the ways He helps you have self-control!

S	_____
E	_____
L	_____
F	_____
C	_____
O	_____
N	_____
T	_____
R	_____
O	_____
L	_____

