

# Self-control is choosing to do what you should even when you don't want to.



## DAY 1

### Read James 1:19

Can you do each of the following tasks in 30 seconds? Set a timer and challenge yourself:

- Tie both shoes
- Fold five shirts, neatly
- Stack 10 cups in a pyramid
- Write your first and last name five times, legibly
- Say the alphabet backwards

How did you do?

According to today's verse, we need to do one important thing quickly! Listen. But wait, there's more! To truly practice self-control, we need to be slow to speak and slow to get angry.

To help you remember this pattern, write the letters Q S S on a wide rubber band and wear it around your wrist this week. If you don't have a rubber band, cut a strip of paper and make your own bracelet. Don't be controlled by your anger. Remember, be **Quick** to listen, **Slow** to speak and **Slow** to become angry.

## DAY 2

### Read Proverbs 29:11

Think about a bottle of soda. What happens if you shake it and shake it and shake it and then open it? Soda spews everywhere! People who are easily angered are kind of like that. And sometimes, it only takes one shake, one small something, to make them explode.

Do you like to hang out with people like that?

Foolish people let their anger run wild. A fool is a person who lacks judgement or sense. But a wise person keeps their anger in check. A wise person stops and thinks, "Why am I so mad? What's a better way to handle this so I don't hurt others or myself?"

Do you want to be known as wise or foolish? If you want to be wise, don't be controlled by your anger. To do this, you will need God's help! **Stop, pray, and ask God to help you be wise this week and keep your anger in check.** Thank Him for hearing you, for helping you and for loving you, always.

DAY 3

### Read Proverbs 14:29

Sometimes things happen that make us angry! But that doesn't mean we can't control our anger. Try some of these suggestions below this week so you can calm down and respond in a way that helps instead of hurts.

#### CALM DOWN IDEAS:

1. **STOP and BREATHE DEEPLY.** Try the following exercises.
  - The snake: Breath in through the nose and out through the mouth as you hiss like a snake.
  - Square breathing: Trace the four sides of a square with your finger on your leg. Breath in through your nose for 4 counts to trace the bottom, hold your breath for 4 counts as you draw the right side, breath out through the mouth for 4 counts as you draw the top, then hold your breath for 4 counts as you draw the left side.
2. **Punch a pillow or a punching bag.** Sometimes, you need to get physical and let all that energy out safely. But do not punch a wall or a person.
3. **Draw or write.** Writing about why we are angry can help us see our own part in the situation. Drawing or painting can help us express our feelings too.

DAY 4

### Read Proverbs 22:24-25

Have you ever been around someone who is easily angered? Maybe they yell, or stomp their feet, or pout when they're frustrated.

While we should always be kind and treat everyone fairly, we also need to be careful as we choose the friends who are closest to us. Why? Because when we hang out with friends who have bad habits, it's easy to pick them up too. If your best friend yells or gets super angry all the time, guess what? You are more likely to respond the same way. And then, as the Bible tells us, you'll be trapped!

The best way to find good friends, the kind of friends that are slow to get angry, is to be that kind of friend. If you've notice yourself becoming easily angered, think of one thing you could do in that moment to help you calm down and control your anger. As you work on being a good friend, ask God to help you find good friends that stop to think before they act so you don't get trapped!



**Don't be controlled  
by your anger.**

