

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

Read: Colossians 3:17

DAY  
1

## Red Light, Green Light

Play Red Light, Green Light with some friends. Start playing the game at a normal pace but get faster calling out the colors each round. Listen and stay focused so you can do the right thing.

**KNOW** that listening to God's Word and staying focused will help you do the right things.

DAY  
2

## Ready!

Because Jesus remembered truth from God's Word, He was prepared when He was tempted. Create a poster with this week's bottom line and draw a picture or two of you doing the right things to be ready when you are tempted. (Ideas: praying, reading the Bible, talking to a trusted adult)

**ASK** God to help you remember what's true.

DAY  
3

## Everything You Say and Do

Read Colossians 3:17 out loud with your adult. Talk about what it means to have all you say and do be for the Lord. Lord is another word used for God and means that God is the ultimate leader over our lives.

Adults, here are some questions you can ask:  
How can you treat siblings and friends in the name of the Lord?  
What can you do to show others the Lord in your life?  
Who can you treat with kindness by what you say and do this week?

**LOOK** for ways to show others God in your life.

DAY  
4

## Be Ready

When temptation comes, we need to be ready. Pray and ask God to help you prepare and grow in strength to face temptations.

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"Dear God, thank You for teaching me how to work through temptation. I know that I will get tempted but You can help me do the right things. I pray that what I learned from you will help me when temptation comes. God, be with me this week. Amen."

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**THANK** God for showing us how to work through temptation.

Be ready to do the right thing.