

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

Read: Philippians 4:13



DAY
1

Enough of a Good Thing

Put yourself through some "personal best" challenges. Do the exercises below and see how many you can do before you need to stop. Note your totals. Bonus: Do this daily to see how you improve!

1. Sit-Ups total
2. Jumping Jacks total
3. Spins total
4. Squats total

KNOW when to stop, even if it's a good thing.

DAY
2

STOP

Too much of a good thing isn't always good. Using red construction paper or drawing in red, make a stop sign. On the back of the stop sign, write out this week's bottom line, **Know when to stop**. With your adult, talk about a time when you can practice some self-control. Stick your stop sign where you need the reminder.

ASK God to help you practice self-control.



DAY
3

Power and Strength

Philippians 4:13 is a great verse to remember when you need the strength to use self-control. Come up with some motions to remember this verse so that it is ready in your mind when you need it!

THANK God for giving you the strength to have self-control.

DAY
4

Stop and Pray

God hears us when we pray. Stop and pray when you need self-control. Jesus often paused to pray and ask for help. Use this time to stop and pray for self-control this week. You can pray something like this:

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"Dear God, please help me to have self-control today. I pray that while I am at home, school, and everywhere else that I can be kind, thoughtful, and careful with my words and actions. I ask for Your help in this right now. Thank You, God. Amen."

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LOOK for times that you need to stop and pray for self-control.



Know when to stop.