

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

DAY 1

Read Proverbs 25:16

This verse gives a pretty clear picture of why self-control is important. If you eat too much of something yummy, even if it's your very favorite food, you will throw up. Spin around one too many times and you will fall down dizzy. Ride your bike too far in the hot sun and you might pass out. You have to know when to stop!

Enough Is Enough

Grab an empty soda bottle and pull off the label. Then, mark 18 lines on the side from the bottom to the top. Under each line, write one word of the verse in order. Fill a pitcher with water and set the bottle in the sink. Carefully pour the water from the pitcher into the bottle as you say the verse. When it gets to the top, keep pouring. This is a picture of what happens when enough is enough! Dump out the water and repeat again until you can say the verse from memory.

DAY 2

Read Proverbs 28:7

Too much of a good thing is actually a bad thing. Your parents know this is true. That's why it's often your mom or dad who tells you when it's time to turn off the TV, or reminds you to put on sunscreen, or limits the amount of ice cream in your bowl.

It isn't that your mom or dad doesn't want you to have fun. It's that they understand that limits can actually make your life a whole lot easier. So when your grownup says, "Enough is enough" or "It's time to stop," you need to pay attention so that good things will always be good things.

Talk About Self-control

Interview your parent. Ask them: Was there a time when you were my age and you didn't show self-control or know when to stop? What happened?



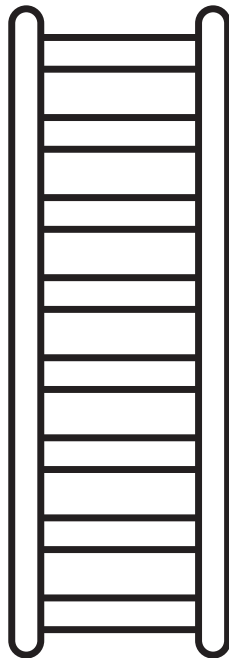
DAY 3

Read 2 Peter 1:5-7

Self-control is choosing to do what you *should* do, not what you *want* to do. Doing what you *want* to do is easy. Doing what's *right* or what you *should* do isn't.

When you become a Christian—a follower of Jesus—you grow in your faith, just like you're growing taller and stronger as you age. As your faith grows, some things that were once hard will become easier. It doesn't happen overnight, and it doesn't mean that you'll always get it right. But God promises to help you as you follow Jesus. Before you know it, all those things you "*should*" do will become almost as easy as all the things you "*want*" to do.

Fill in the words from the word bank on the ladder below. Start with Faith on the bottom rung. Then fill in the other words from the verse from bottom to top.



- Faith
- Goodness
- Knowledge
- Self-control
- Strength
- Godliness
- Kindness
- Love



DAY 4

Read Galatians 5:22-23

What's your favorite fruit? For your favorite fruit to grow the right way, it has to come from a healthy tree or plant. Plenty of water, sunlight, and the right kind of soil produce the juiciest, yummiest fruits.

Self-control is a fruit of the Spirit. By reading your Bible, praying and talking to God, meeting with your small group at church, and talking to your parents about God, you are learning to grow in the Spirit and produce good fruits like love, joy, peace, kindness, goodness, and even self-control.

Fruit Wrap Up

Grab a piece of fruit from the kitchen. Find a piece of paper, write "Self-Control" across the front, and decorate the page. Then "wrap" up your fruit with the paper and put it back in the fruit bowl. When a family member goes to grab a piece of fruit, be prepared to explain how self-control is a fruit of the Spirit.

Know when to stop.

