

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

Read Philippians 4:13

DAY

1

Stop and Go

You need two people to play this game so grab a friend. One of you will give a direction like: run in place, jumping jacks, or bear crawls. The same person giving directions also gets to yell "stop!." Then you can switch!

KNOW when to start something and when to stop.

DAY

2

Know When to Stop

Grab some paper (red if you have it!), scissors, and something to write with. Ask for help drawing an octagon and cut it out. Write STOP somewhere on the paper. Talk with someone in your family about where you can hang your sign to remind you to STOP and do the right thing.

LOOK for ways that you can stop and do the right thing.

DAY

3

Power Through

Look up this week's verse. As someone reads the verse, do an action that will make you stronger! You can do things like jumping jacks, push-ups, arm curls, or running in place.

THANK God for His Word and that it gives you strength.

DAY

4

Sweet Talker

Take some time to stop and pray to God. Let's thank God for the self-control you have.

"Dear God, Thank You for using stories in the Bible to teach me self-control. Thank You for the self-control that You have given me and I pray that I can continue to use self-control in my life. I love You, God. Amen"

ASK God to help you have self-control this week.

Know when to stop.

Know when to stop.
When you reach the stop sign, the maze is over.

START

