

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

## DAY 1

### Read 1 Corinthians 10:13

This month is all about self-control which is choosing to do what you should even when you don't want to. Sounds pretty impossible, right? **Doing what you want to do is easy. Doing what you should do, well, that's much harder.**

There is one super important thing to remember. We aren't alone when it comes to doing the right thing. That's what today's verse is all about. God is faithful. That means that He does what He says He will do, always. And when you are tempted to get angry, or say something or do something you shouldn't, God will give you the way out.

So when your self-control is tested, remember that you aren't alone. **You can be ready to do the right thing knowing God is on your side.**

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Fill in the missing vowels to complete the statement below.

B..... r..... dy t..... d..... th.....

r..... ght th..... ng kn.....w.....ng G.....d

.....s .....n y..... r s.....d.....

## DAY 2

### Read Romans 12:2

Have you ever changed your mind about something? Maybe you picked a turkey sandwich at lunch and now you're wishing you'd gone for the pizza. Maybe you wanted to play video games but then a neighbor showed up to shoot hoops instead.

We change our minds about little things like pizza and video games all the time. But when it comes to self-control and choosing to do the right thing, God wants you to think in a completely different way. Instead of listening to what other people say you should do, God wants you to listen to what he says.

God will never ever give you bad advice or steer you in the wrong direction. **God made you and loves you and that means God always wants what's best for you.**

When you're tempted to do something you know you shouldn't, stop and pray the following prayer:

"God, help me do the right thing."

If you pray, God will help you. He will change your mind and help you find some self-control.

DAY 3

### Read Galatians 5:22-23

Which of these “fruits” are easiest for you? Circle those. Which ones are hardest? Underline those.



Love Joy Peace

Patience Kindness Goodness

Faithfulness Gentleness Self-control



Did you circle self-control? Probably not! Self-control isn’t something that comes easily. But there is some good news! When we choose to follow Jesus, He promised to send His Holy Spirit to help us show each of these things. Thankfully, self-control is on this list of “fruits” that God wants to grow in us as we follow Him.

In order to show self-control, we need to be connected to the Holy Spirit! We need to remember that we aren’t on our own. As followers of Jesus, the Holy Spirit will help us when we need it most. **Let’s pray today and ask God to remind us that we aren’t on our own, that He has given us His Spirit so that we can be ready to do the right thing!**



Be ready to do the right thing.

DAY 4

### Read Matthew 4:10

When Satan tempted Jesus, He hadn’t eaten for 40 days! When we’re super hungry, it seems impossible to wait forty minutes! Satan saw this as the perfect opportunity to get Jesus to let His guard down, saying:



“Hey Jesus, if you’re really the Son of God, turn these stones into bread.”

“Hey Jesus, if you’re really the Son of God, throw yourself off the top of the temple.”

“Hey Jesus, if you bow down and worship me, I’ll give you command over EVERYTHING you see in front of you.”



But Jesus didn’t give into that temptation. He was ready to do the right thing because Jesus knew God’s word! Jesus refused to bow down and follow the enemy knowing only God is worthy of worship.

#### Forty-day Challenge

How about a 40-day challenge?

1. Grab a card and a calendar.
2. Count out 40 days from today on the calendar and write that date at the top of the card.
3. Then write “Worship the Lord your God” in the center. Every time you sit down to eat at the table from today until the date at the top, read those words and ask God to help you follow Him and do the right thing!

