



First, watch
this week's
video!

**Self-control:
Choosing to
do what you
should even
when you
don't want to**

Memory Verse

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, Nlrv

Bible Story

Broken-Down Walls
Proverbs 25:28

Key Question

When do you lose control?

Use this guide to help your family learn how God wants us to live with self-control.

Activity

Tissue Issue

What You Need:

Tissue, Bible or Bible app

What You Do:

Together, look up Ephesians 5:15-17. Ask your child to read the verses out loud a couple of times. Once they're familiar with it, hand them a tissue.

Say, "In a moment, you're going to put this tissue over your face. Then, I'm going to read the verse out loud, pausing along the way. When I pause, you have to blow the tissue up into the air and tell me the next word before it falls down. For every word you get right, you get a point. But if you lose control of the tissue and it falls to the ground, you get no points. How many points do you think you can get?"

Read the following phrases, pausing at the end of each one. Keep track of your child's score, based on the game rules described above.

Ephesians 5:15-17 (Nlrv)

- So be very careful how you . . . (live).
- Do not live like people who aren't . . . (wise).
- Live like people who are . . . (wise).
- Make the most of every . . . (opportunity).
- The days are . . . (evil).
- So don't be . . . (foolish).
- Instead, understand what the Lord . . . (wants).

When you're finished, tally up the score. Congratulate your child on their effort. Remind them that losing control of the tissue is a simple reminder that nothing good comes from losing control.

Talk About the Bible Story

What does it mean to have self-control?

How does self-control protect us, like an ancient city's walls protected the city?

When do you tend to lose control?

Are there any areas of your life where I or other adults have placed more "walls," boundaries, or rules than you'd like? If you grow in self-control, how could that show that you might be ready for some of those walls to open up?

Parent: Share about a time when you lost control and it caused trouble. Remind your child that even when we do lose control, we have the opportunity to "make it right" by asking for forgiveness—and asking the other person how we can help fix what went wrong.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, please be our strong wall and protect us from saying or doing things that will lead us into trouble. Give us Your power to live wisely and carefully as we follow You this week. In Jesus' name, amen."