

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

## DAY 1

### Read Proverbs 25:16

Have you ever eaten too much of your favorite food?

Maybe you've never eaten to the point where you felt like throwing up. Maybe you don't have a problem with self-control when it comes to food. For you, maybe it's video games or watching videos on YouTube.

While none of those things can cause you to throw up, too much screen time can give you a headache or make you miss family time. That's why it's important to know when to stop.

What is something you love to do that you know you spend too much time on?

.....

What is one practical thing you could do to make sure you stop whatever that fun thing is before it's too much?

.....

**The key to enjoying the things you love the right way is to know when to stop.** Ask God to help you practice your one thing you listed above this week so that you have some self-control.

## DAY 2

### Read 1 Peter 5:6-8

God created the whole world. That same great big God, loves and cares about you. He didn't create you and then leave you on your own. He loves you so much that He sent Jesus, His one and only Son to make a way for you to have a relationship with Him forever. God is on your side and He wants you to live an abundant life, the kind of life that's better than you can imagine.

**Because God made you and because He loves you, He is ready to help you have self-control. He doesn't want other things to control you. He wants you to experience this great big beautiful world He's made. He wants you to enjoy all the things you love because He made you to love those things!**

So this week, ask God to help you know when to stop so you can enjoy those things with self-control. Ask Him to help you be watchful this week.

DAY 3

### Read 2 Peter 1:3a

Sometimes, it's hard to do the right thing. It's hard not to show our anger when someone makes us mad or when we're upset. It's hard to turn off our iPad when we want to keep playing. But there is good news. God doesn't expect you to do the right thing in your own strength. God is ready and willing to help you, every single day.

Think about a remote-control car. If you take the batteries out of that remote, what happens? Yep, it doesn't work! The batteries give the remote the power it needs to work the way it should.

Without God's power, we're as useful as a remote without batteries. In order to know when to stop so we don't hurt ourselves or others, we need God's power. Thankfully, through His power, we have everything we need to do the right thing.

Spend some time thanking God for His mighty power at work in you. Ask Him to help you notice when you need to stop so you can have self-control.

DAY 4

### Read Proverbs 22:3

When you were little, did you ever run into the street without looking? When that happened, what did your parents do? They probably yelled, "STOP!!" at the top of their lungs. Why? Because they knew the danger of running into the street. They knew you would be hurt, badly, if you kept going.

When it comes to self-control, knowing when to stop is a very big deal. We have to think ahead, with the end in mind, so that we don't get into trouble. When we take the time to think things through and to ask God to help, we can avoid getting hurt.

#### Quick Words

Today's verse is written below but all the spaces are missing! When it's written this way, it feels like you should read it as fast as you can without stopping for a breath! Read the verse below (without spaces) as quickly as you can!

Now draw in hash marks between each word and say the verse again. Ask God to help you stop, slow down and pay attention so you have the self-control to do the right thing.

"Wisepeopleseedangerandgotoasafeplace.  
Butchildishpeoplekeepgoing  
andsufferforit."Proverbs22:3

Know when to stop.