

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

Read: Philippians 4:13



DAY

1

## Enough of a Good Thing

Put yourself through some “personal best” challenges. Do the exercises below and see how many you can do before you need to stop. Note your totals.

Bonus: Do this daily to see how you improve!

1. Sit-Ups ..... total
2. Jumping Jacks ..... total
3. Spins ..... total
4. Squats ..... total

**KNOW when to stop, even if it's a good thing.**

DAY

2

## STOP

Too much of a good thing isn't always good. Using red construction paper or drawing in red, make a stop sign. On the back of the stop sign, write out this week's bottom line, **Know when to stop.** With your adult, talk about a time when you can practice some self-control. Stick your stop sign where you need the reminder.

**ASK God to help you practice self-control.**



DAY

3

## Power and Strength

Philippians 4:13 is a great verse to remember when you need the strength to use self-control. Come up with some motions to remember this verse so that it is ready in your mind when you need it!

**THANK God for giving you the strength to have self-control.**

DAY

4

## Stop and Pray

God hears us when we pray. Stop and pray when you need self-control. Jesus often paused to pray and ask for help. Use this time to stop and pray for self-control this week. You can pray something like this:

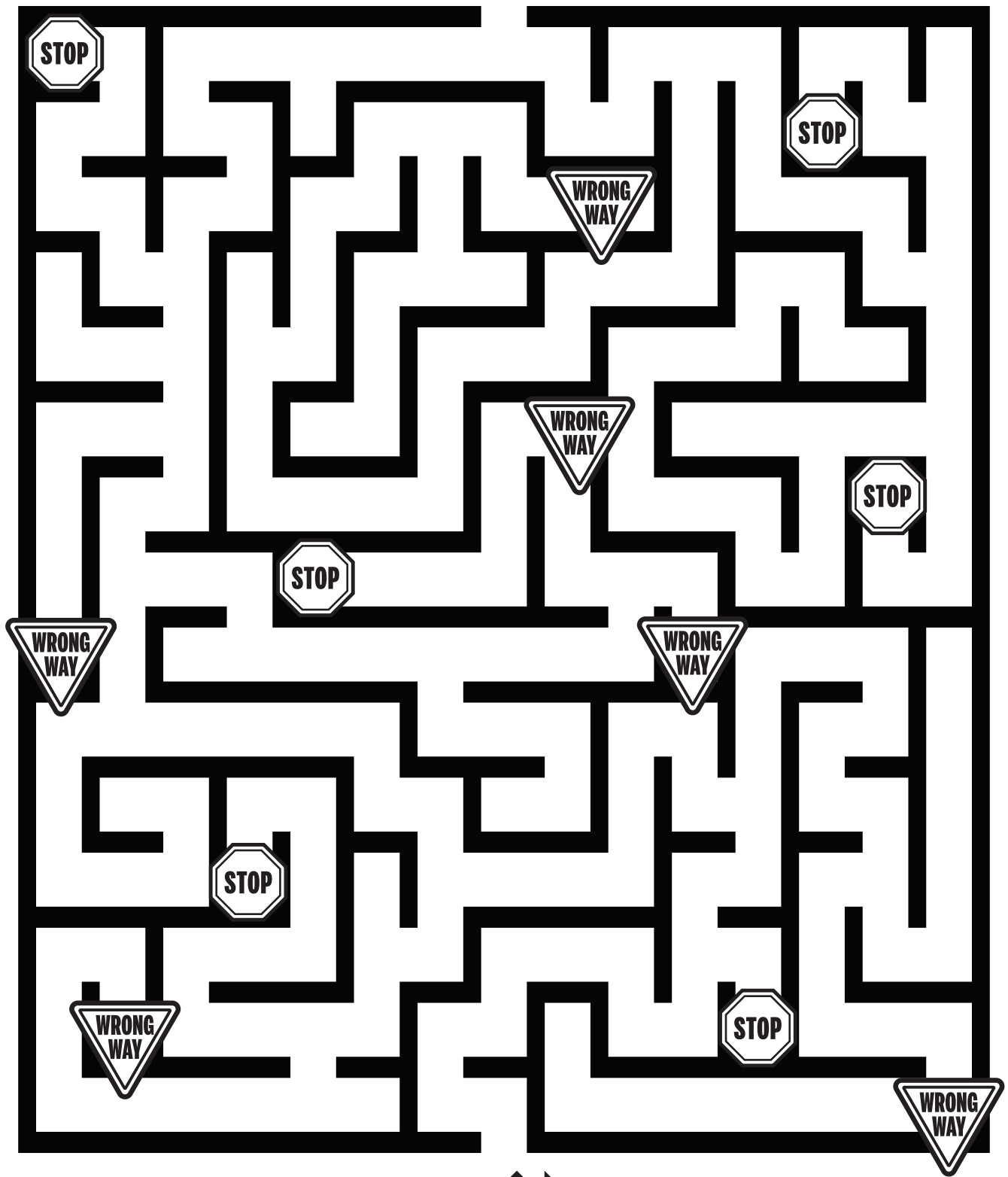
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 “Dear God, please help me to have self-control today. I pray that while I am at home, school, and everywhere else that I can be kind, thoughtful, and careful with my words and actions. I ask for Your help in this right now. Thank You, God. Amen.”  
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**LOOK for times that you need to stop and pray for self-control.**



# Know when to stop.

**START** ↓



↓ **FINISH**

# 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?



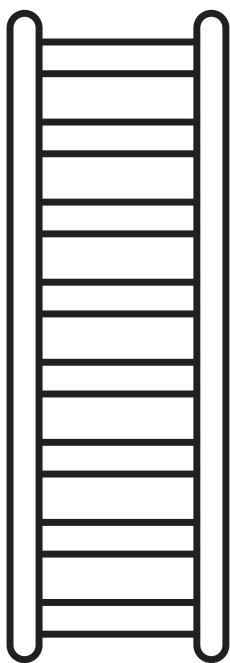
### DAY 3

## 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.



# Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

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[illegible]

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October  
2024

## Week Four

### 4th Grade



# Day 1

After watching, write one thing that:

### 1. You liked:

.....

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

## 2. You learned:

.....

Download it for free at  
[parentcue.org/app](https://parentcue.org/app).

Even if you already saw it at church,  
feel free to check it out again!

### 3. You'd like to know:

.....

## A Devotional on Self-Control.

FOR AN  
**everyday faith.**

## Day 2

### Read Proverbs 25:16

Most people these days probably don't love honey enough to eat so much that they throw up. But the example Solomon, the writer of Proverbs, gives can easily be translated to our own personal struggles with self-control.

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Rewrite the passage a few times to personalize it for yourself.

■ If you find \_\_\_\_\_ just enough.  
If you \_\_\_\_\_  
too much of it, you will \_\_\_\_\_.

■ If you find \_\_\_\_\_ just enough.  
If you \_\_\_\_\_  
too much of it, you will \_\_\_\_\_.

■ If you find \_\_\_\_\_ just enough.  
If you \_\_\_\_\_  
too much of it, you will \_\_\_\_\_.

Then circle the one that you know you most need to work on when it comes to self-control and find somewhere helpful to write out your personalized version of Proverbs 25:16.

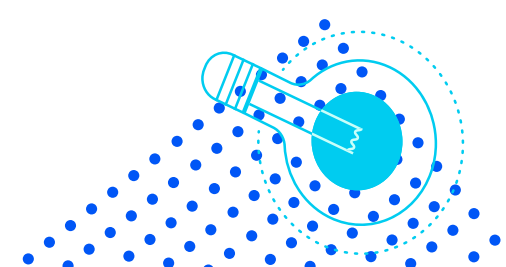


## Day 4

Find a couple of adults or even just older kids who follow God and ask them this question: **Why is it hard to stop?**

Ask them to share a story—what was hard to stop, why it was hard to stop, how they managed to stop, and how they felt after they stopped.

Share with them a situation where you need to practice self-control and ask their advice on how to know when to stop. Ask them to pray with you and to check back in later to see how your self-control is shaping up!



## Day 5

### It's time for another family game!

Gather up everyone in the house for a game of freeze dance!

Take turns being the deejay and choosing the song for dancing. If you're the deejay, start and stop the song repeatedly. Everyone who is dancing must dance when the music is playing and immediately stop when the music stops.

After everyone who wants to be deejay has had a chance, take a dance from dancing. Dancing is hard work! Talk about why it was hard to stop dancing sometimes. Share with each other something that you struggle with **knowing when to stop**.

(Dancing not your family's thing? You can also play the game Red Light, Green Light, where the leader calls out "red" or "green" and everyone has to either move (green) or stop (red) immediately as the leader makes the calls.)

## Day 3

Look back on yesterday's activity—which personalized version did you circle?

Take some time to fill in the blanks of the prayer below, and then pray it out loud, asking God for help to **know when to stop**.



**Dear God,** thank You for helping me to have self-control. As You know, I

struggle the most when it comes to \_\_\_\_\_, I know that if I \_\_\_\_\_

too much, \_\_\_\_\_

Please help me to **know when to stop** and to have self-control so that I can enjoy \_\_\_\_\_ without \_\_\_\_\_.

In Jesus' Name, I pray. **Amen.**