

Make Waves: What you do today can change the world around you.

Read: Philippians 4:13

DAY

1

Red Light, Green Light

Grab some friends and play a game of “Red Light, Green Light” to practice self-control. Try your best to only move when the light is green and to not budge when it’s red! You can do it!

KNOW that when you show self-control you can still have fun!

DAY

3

God Gives Me Strength

Having self-control is so hard. Only God can give us the strength to have the self-control we need! Read this week’s verse and use it as a reminder to go to God when we need help with our self-control.

THANK God for being a help when you need it.

DAY

2

Do or Don’t

Grab some paper and something to draw with. Think of a scenario where you need to practice self-control (cookies on the counter, taking turns while playing a game, not yelling at a sibling). On one side of the paper, draw a picture of you not practicing self-control. Flip the paper over and draw a picture of you practicing self-control.

Talk with someone around you about your picture!

LOOK for opportunities to practice self-control.

DAY

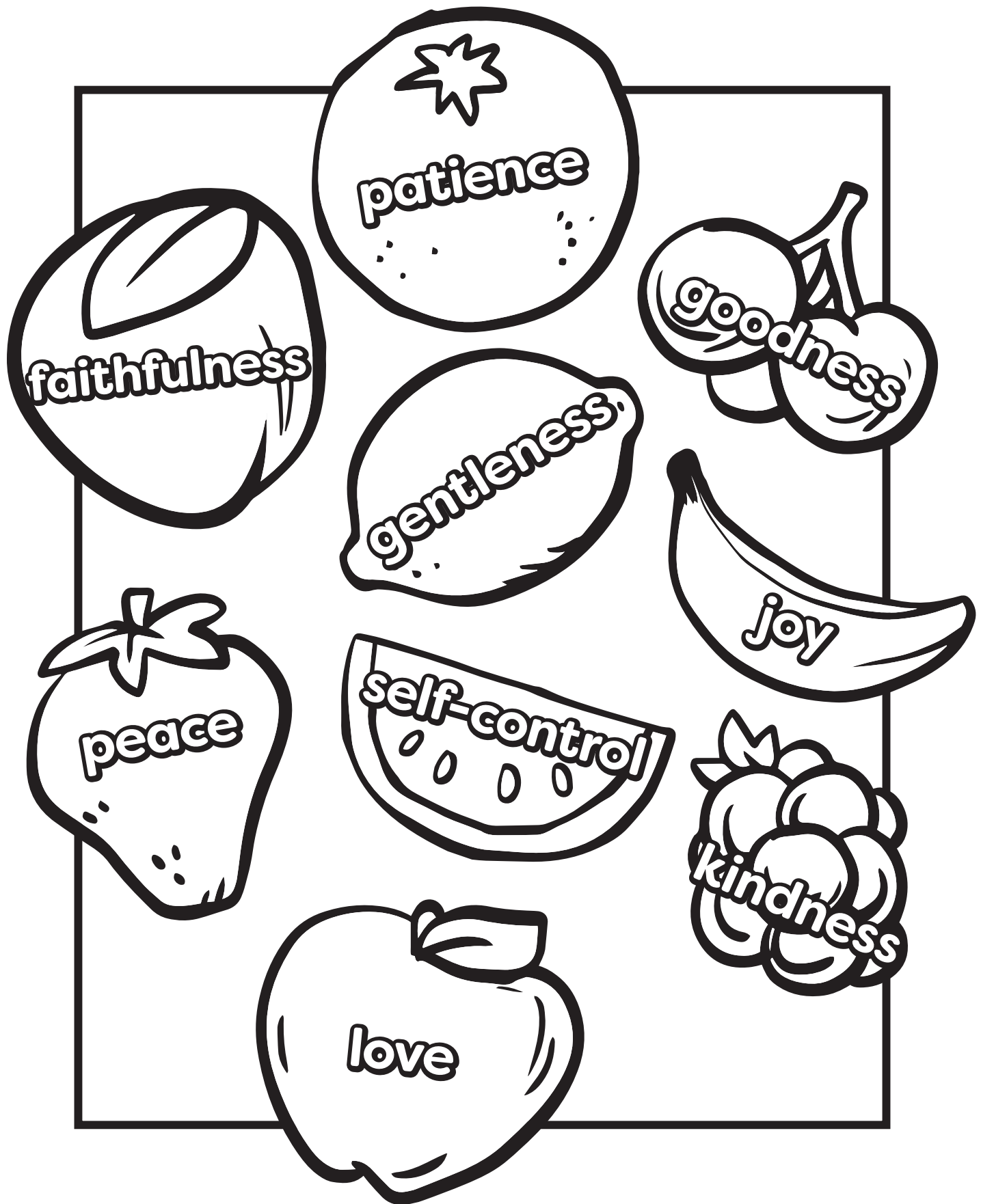
4

Ask For Help

Find someone in your house to pray with. Ask them to pray for you this week as you practice self-control. They can pray something like this:

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Dear God, Today I pray for \_\_\_\_ (kids name). I pray that they can work this week to practice self-control. Give them the strength to do what is right. Help me encourage them this week and that you will be with them as they practice. We love You, God, Amen.

God gives you the power to have self-control.



# **Make Waves: What you do today can change the world around you.**

## DAY 1

### **Read James 3:2**

This week is all about self-control. Self-control is choosing what you should do, not what you want to do. And that is not easy, especially when it comes to the words we say. If we're not careful, if we say what we want to say instead of what we should say, we can hurt others. That's why controlling our tongues is so important. Because words can hurt. And once an unkind word is spoken, you can't get it back.

### **Waves of Words**

With an adult's permission, fill a plastic bin with water and take it outside. Gather some pebbles, small rocks or sticks. Drop one of the items in the bin. What happened? The water moved, right? Did ripples form outward from the rock or stick?

Words make a difference. They can hurt or heal. They can calm a situation down or stir it up and make it worse.

Ask God to help you show waves of self-control and choose kind words that heal and help.

## DAY 2

### **Read Titus 3:2**

#### **TRUE or FALSE**

Horses can sleep lying down and standing up. \_\_\_\_\_

Horses can gallop at around 27 mph. \_\_\_\_\_

A male horse is called a stallion. \_\_\_\_\_

A female horse is called a mare. \_\_\_\_\_

An average sized horse eats around 20 pounds grass or hay a day. \_\_\_\_\_

Did you answer "TRUE" to every single question. Great job!

You'd probably never believe that a small piece of metal, just 5-inches in length, could guide a 1,000-pound animal. Ask an adult to help you look up a picture of a horse bit online. That small piece of metal can help the rider communicate with the horse about where it wants the horse to go or what it wants the horse to do.

Just like a small bit can make a big difference, your tongue can too. The words you say can make a situation better or much worse. Thankfully, when we ask, God will give us the self-control we need to control our tongues.

DAY 3

### Read James 3:4-5

#### Rudder, What Art Thou?

Do you know what a rudder is? A rudder is a flat piece that is hinged vertically to the back of a boat or ship used for steering. When the rudder is turned, the force of the water increases on one side and decreases on the other causing the stern or back of the boat to turn, which ends up turning the whole boat.

With an adults' permission, check out this link with pictures of a sailboat and its parts. <https://bit.ly/3tYLYTg>

Though a big ship can be tossed and turned by strong winds, it can also be steered by a small rudder. The same is true of our tongues. Your tongue can get you into a lot of trouble.

It's not easy but God has promised to help us have self-control. So this week, think about that small ship's rudder. And ask God to steer you toward words that help instead of words that hurt.

DAY 4

### Read Ephesians 4:29

In a day, how many words do you think you speak? 1,000? 2,000?

Write your guess in the blank. \_\_\_\_\_

The average adult speaks \_\_\_\_\_ words a day! *(Check the upside-down answer below.)*  
Can you believe it?

As a kid, you might not use quite that many but still, that's a lot of words. We use words to let others know how we feel, to ask for help, to ask questions, and to share information. And you have complete control over all of them. You have the power to stop yourself from saying something that isn't helpful, true or kind. You have the power to choose words that build others up.

#### Tongue-tied Verse

1. Head to the bathroom and stand in front of your mirror.
2. Grab your tongue and repeat today's verse.
3. Then ask God to help you choose words that build others up, meet their needs and help those who listen.

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God gives you the power  
to have self-control.

Journal

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



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July 2022

Week Five 4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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Go to [bit.ly/SundaysAtHomePretteen](http://bit.ly/SundaysAtHomePretteen) and watch this week's episode of The So & So Show.

2. You learned:

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

3. You'd like to know:

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## Day 2

### Read James 3:3-6

As you read James 3:3-6, circle the objects that are described as small but powerful. What are they?

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Do you know what each of these things looks like? If not, with a parent's permission, do an internet search to look them up. It's pretty crazy how these small pieces can control things much bigger than they are.

You probably don't think about your tongue being that powerful, but it is! But when you allow God's Spirit to help you choose what you say carefully, you can do great things with your words.

## Day 3

**Try reading James 3:6 out loud while holding your tongue in between two fingers. It sounds kind of ridiculous, doesn't it?**

Thankfully, that's not what it means to "control your tongue;" however, controlling your tongue is super challenging! And the word "self-control" is a little deceiving, because the truth is we need God's help to control ourselves! The best way to have self-control is to spend time talking to God, reading the Bible, and spending time with other people who follow God too. The more you get to know God, the more you will naturally choose to do what you should even when you don't want to, including the words you speak.

Spend time talking to God right now and asking for help having self-control.

Dear God, it is sometimes hard to do the right thing in the moment, but I want to have self-control. Please help me choose to do what I should even when I don't want to. And please especially help me to control my tongue—to choose my words carefully, and to speak them with kindness, gentleness, and respect. In Jesus' Name, I pray, amen.

## Day 4

**God's Spirit can help you choose self-control when you speak, and there are also some practical steps you can put into practice to help you choose to do what you should even when you don't want to.**

Today, whenever you encounter challenging communication situations...

1. Think before you speak.
2. Count to 10 before responding in a frustrating situation.
3. Leave the room if you need a breather.
4. If you're feeling overwhelmed, grab a glass of water or a snack before continuing the conversation.
5. Most importantly, ask God for the strength to have self-control!

And in the meantime, draw a horse bridle, ship rudder, or a small fire somewhere (on your hand, your bathroom mirror, or a sticky note in your backpack) to remind you to choose self-control with your words.

## Day 5

**What can happen when you lose control?**

Important: You **MUST** get a parent's permission for this activity.

Ask for a can of soda or other carbonated beverages. Take the can and shake it up a little.

Take the can outside and away from anything you wouldn't want to get wet. Point it away from yourself and open it up.

What happens? It's like an explosion, isn't it? It makes a big mess!

Life can be that way too—shaking us all up and making us feel a little out of control. And then, if we don't take a breather and ask God for help with our self-control, we can explode and make a big mess of everything, especially our relationships with others.

When you lose control, things can get messy really quickly. But thankfully, God gives you the power to have self-control, so ask God for help, take a breather, and chill out, and you'll find things stay a lot cleaner!

