

# SELF-CONTROL

Choosing

To Do What You Should Do,  
Not What You Want To Do



## READ PROVERBS 4:23

## DAY 1

What does a guard do? Have you ever seen a guard in front of something important—like a monument or museum? A guard's job is to protect something valuable.

When it comes to self-control, do you know what you need to guard? Your heart. Everything you do, every word, every thought, every action, comes from your heart. When you act out of control and say something hurtful, scream or break something, it comes from your heart.

So what can you do to guard your heart? The best way to get in the habit of guarding your heart is to ask God the following question every night before you go to bed: God, what is in my heart today? Am I angry? Am I jealous? Am I frustrated? Talking to God about what causes those feelings can help you start to remove them from your heart.

Write this question on a card and put it next to your bed: God, what's in my heart today?

Remember, when you guard your heart, self-control will follow. Your actions will be a reflection of what's in your heart.

**THANK** God for helping you to guard your heart.

## READ PSALM 119:11

## DAY 2

All month long, we've been looking at verses about self-control. And during the month, we've worked on memorizing a few of them too. So why is that important? When you begin to memorize what God has to say about how you should live, it helps you make wiser choices. Hiding God's word in your heart will help you do what you SHOULD do, not what you want to DO, and that's what self-control is all about.

And not only that, but when you hide God's word in your heart, it can help guide you in real time. Imagine you're at school and something makes you want to lose your cool and BOOM, one of these verses pops into your head, right there in the moment. Wouldn't that be awesome?

Below is a list of verses we've worked on memorizing this month. If you need to, look them up in your Bible but only read the first few words. Can you say the rest from memory?

Proverbs 25:28

Proverbs 21:23

Proverbs 25:16

**ASK** God to help you hide His word in your heart.

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## READ 2 TIMOTHY 3:16-17

DAY 3

When you build something or when you take something apart to fix it, what do you need? Tools! You need the right tools to get the job done. When it comes to self-control, you need the right tools too. And a BIG one that will help you is your Bible. It is God's word to you. In the Bible, you can find everything you need to live the way God wants you to.

But a hammer that's still in the toolbox doesn't do you any good. You have to use it for it to be *useful*. As you read God's word, you need to put it into practice for real change to happen. The verses you read will equip or help you choose self-control.

If you have your own Bible, ask a grown up if you can write in it. Start using a highlighter or colored pencil to underline the verses that stand out to you. If you don't have a Bible, ask your parents or your leader at church to help you get one of your own.

**LOOK** for verses you want to underline so that you can remember them later on.

## READ ROMANS 12:2

DAY 4

The world is full of people who don't exercise self-control. Like the toddler that screams when his mommy says, "no." Or, the kid that talks back to his parent when he's told to come inside for dinner. Or, the adult who pushes her way to the front of the line when she's too impatient to wait her turn.

But you don't have to follow these examples and "live the way the world lives." You can choose a better way. And it starts by changing the way you think! God will help you see things differently when you ask him. The next time you find yourself in a situation where you're about to lose control, stop and think. Here are few questions to ask yourself before you respond the *WRONG* way.

- Where am I?
- How should I be acting?
- What are the rules?
- Am I following them?

**KNOW** that God will help you change the way you think. Just ask Him!

Use God's words to  
**GUIDE**  
your thoughts.

