

# 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

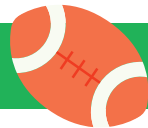
**KNOW when to stop, even if it's a good thing.**

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.”

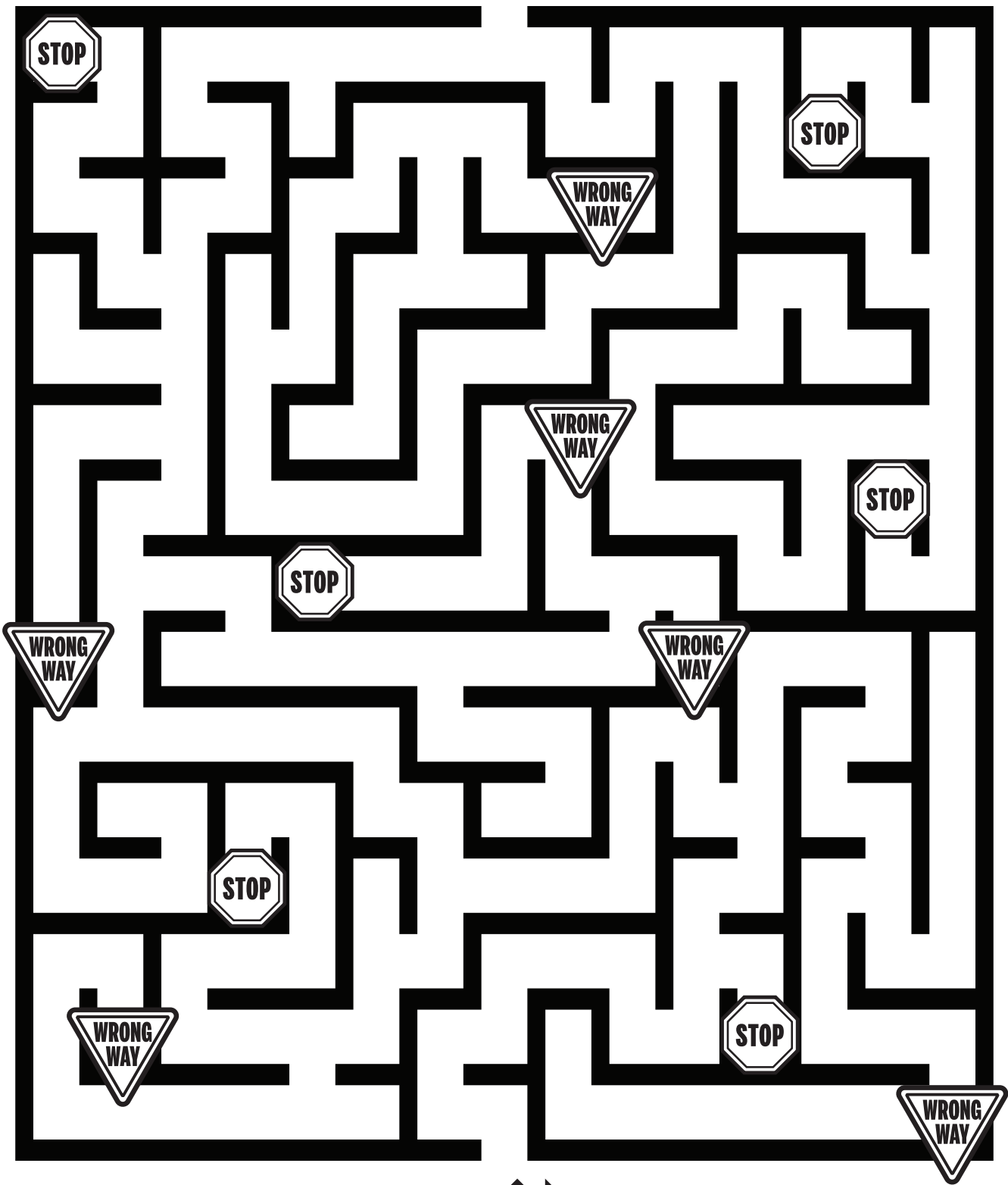
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**LOOK for times that you need to stop and pray for self-control.**



# Know when to stop.

**START** ↓



↑ **FINISH**