

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.

