



# JANUARY 2019



## WEEK ONE

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### **PROVERBS 25:28**

City with Broken Walls

**SAY THIS:** Doing what you should  
can keep you safe.

## WEEK TWO

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### **PROVERBS 16:32**

Slow to Anger

**SAY THIS:** Think before you  
lose your temper.

## WEEK THREE

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### **PROVERBS 12:18**

Choose Your Words Carefully

**SAY THIS:** Choose your  
words carefully.

## WEEK FOUR

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### **PROVERBS 25:16**

Too Much of a Good Thing

**SAY THIS:** Know when to stop.

## REMEMBER THIS:

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"God's power has given us everything we need to lead a godly life."  
2 Peter 1:3a, NIV

## LIFE APP:

**SELF-CONTROL** – Choosing to do what you should even when you don't want to

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### DO THIS:



## MORNING TIME

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Before leaving for the day, write or tell your child, "Update your operating system today by praying and remember that everyone benefits when we practice self control."



## MEAL TIME

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Q & A for kids: What's your favorite food? Do you ever lose self-control when you're eating it?

Q & A for parents: Do you find it harder to have self-control when it comes to your words, your food, or your attitude?



## DRIVE TIME

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Ask your child, "What is something you just can't get enough of?" Then ask, "If you don't practice self-control in that area, what do you think would happen?" Give your child some tips on how to know when to stop with something they really love.



## BED TIME

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Read Proverbs 25:28. Does your family have any special rules? Sometimes rules can be frustrating and hard to understand. Your parents set rules to keep you safe and to help you develop the control that will help you make wise choices as you get older. Ask God to give each of you the power to control yourself so you can better show love to Him and to others.

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