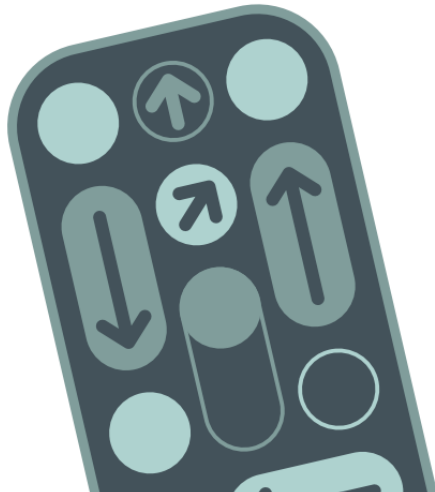


Remote Control: The choice is yours

Self-control is choosing to do what you should even when you don't want to.



MEMORY VERSE

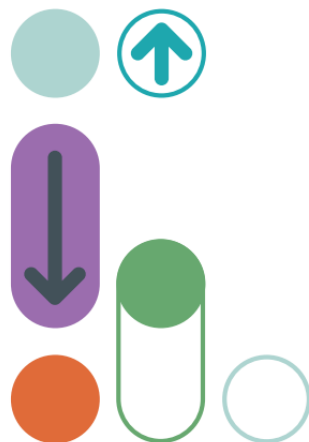
"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

Bible Story

Too Much of a Good Thing

Proverbs 25:16

Know when to stop.



Weekly Cues



Elementary

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

Start your kid's day off by thanking them for something they said or did lately that helped you or someone else.



Meal Time

At a meal this week, determine a code word or phrase you can use with one another to help you remember to pause when you start feeling extra emotions (like anger) or anxiety.



Drive Time

While on the go, ask your kid: "What is something good that happened this week? What is something not so good that happened this week?"



Bed Time

Pray for each other: "God, help us to have good boundaries in our life. Grow self-control in us so that we are not controlled by the things around us."