READ PHILIPPIANS 2:6-8 — DAY 1

Write in the answer: **100 + 100 =** _____

Did you write 200 in the blank? Of course you did. Did you also know that . . . **100 + 100 = 100**

Jesus is 100% God and 100% human. He experienced ALL the things that we experience as humans: joy and sadness, gain and loss, sunshine and rain, praise and rejection. But at the same time, He was fully God. Jesus never acted like He was the most important person in the room when clearly He WAS the most important person in the room. At every turn, Jesus displayed self-control, even when He was arrested, beaten, and sentenced to death on the cross.

Jesus could have called in an entire army of angels to save Him. But He didn't. Instead He chose to face the cross for you and for me because He loves us. Talk about self-control. Grab a piece of paper and draw a cross in the center. Around the cross, write out the following phrases from today's verses: Jesus, Equal with God, Made Himself Nothing, Servant, Human, Humble, Obedient.

THANK God for giving you the power to show self-control.
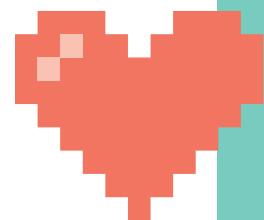
READ PROVERBS 25:28 — DAY 2

When the book of Proverbs was written, cities were usually surrounded by walls for protection. Those walls kept the right people in (the people who lived there) and the wrong people out (enemies who wanted to take over the city by force). If your walls were broken down, the city wouldn't be safe.

Find some blocks, pillows, or stuffed animals and make a wall around you before you finish reading.
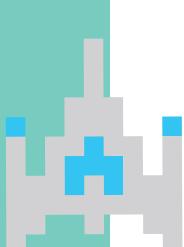
The same is true for us when we lose control. When we don't have control over our words and actions, we hurt ourselves and the people around us. But God can help us have self-control. When we feel like we're about to lose it and do or say something we'll regret, God's Spirit will help us respond with self-control.

Read the verse again. Pull out one block or pillow for each word to remind you that losing control is like a broken-down wall.

**ASK** God to give you the power to have self-control.

READ JAMES 1:19

Have you ever stopped to think about why you have two ears and one mouth? Read this verse again out loud. Maybe you have twice as many ears so that you'll remember that listening is more important than talking.

We need to listen first to try to understand where the other person is coming from. We need to pause before we speak. Let's think about what we want to say before the words come tumbling out of our mouths. And most importantly, let's take some deep breaths when we feel the anger start to rise so that we don't fly off the handle.

Remember, self-control isn't something that just happens. We need God's help to control our words and our actions. Let's listen more. Speak less. Take deep breaths and calm down.

Draw a picture of your face. Then write the words of this verse underneath to remind you to have self-control.

God gives you the power to have self-control.

LOOK for opportunities to listen more and speak less so you can practice self-control.

READ EPHESIANS 3:3-5

Your tongue might just be the most powerful part of your body. Don't believe me? With your tongue you can encourage a friend or end a friendship. With your tongue you can tell someone you love them or say something super hurtful. With your tongue you can tell the truth or tell an outright lie.

When it comes to self-control, we have to talk about this powerful thing—our tongues. Like a horse's bit or a ship's rudder, your tongue has the power to lead you in the right or wrong direction. But there is good news. You are the one who gets to decide what you say in every circumstance. God wants to help us control our tongues before we say something we'll regret.

In the space to the right, write a prayer to God, asking Him to help you control your tongue this week.

"Dear God, thank You for teaching me about self-control. Help me to use self-control when _____ and _____. I know that You want me to choose self-control. Help me to do that this week. Amen."
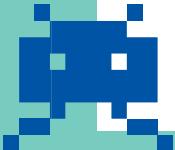
KNOW that God will give you power to have self-control.