

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

Read Galatians 6:9

DAY  
1

## The Next Right Thing

Play a game of “Simon Says” with your family. But instead of doing actions like jump and skip; have Simon call out, “doing the right thing,” actions like cleaning up toys or doing the dishes. List out things that would be helpful to someone else. You can either do the exact action in the moment or pretend.

**KNOW that you have a choice to do the right thing.**

DAY  
2

## What's Wrong

Write or draw a picture of something you need self-control over. It might be things like: helping a sibling pick up toys, choosing to not scream when you don't get the treat you wanted, or not hitting your sibling when they take a toy. What situation is it hard for you to have self-control?

**ASK God to help you have self-control when you need it.**

DAY  
3

## Do Not Give Up

Look up and read this week's verse. Think of something that you can do this week to make a good choice to help others. You can write it down or talk about it with an adult. Work this week to “not grow weary of doing good.”

**LOOK for ways that you can do good this week.**

DAY  
4

## The Right Thing

Prayer can help us get to know God better and when we know God better we know what He wants us to do. Let's talk to God about helping us to do the right thing.

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 “Dear God, I want to be a person with self-control. Help me to know what the right thing to do is and to do it. I pray that I can learn to make the right choices, amen.”  
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**THANK God for helping us know the right things.**

Be ready to do the right thing.

