

# Family Discussion Guide: SELF-CONTROL

## Order of Service

Worship - Glory, Glory, Glory (**The Rizers**)

Bible Verse - 2 Timothy 1:7

Episode - Auto B Good: Issadora's Box

Prayer - The Lord's Prayer (**from Matthew 6:9-13 CEV**)

A Minno Moment - Fruit of SELF-CONTROL (**Micah's Super Vlog**)

Worship - Whoa, I Have Life (**Vancy**), Undeclared (**eKidz**)

For God gave us a spirit not of fear but of power and love and self-control.  
2 Timothy 1:7

## Learn:

Self-control means being able to control our actions or responses. Sometimes when we are upset, frustrated or mad, we react with angry words. Sometimes our actions are reactions to what is going on around us. And sometimes, we take action when we just need to wait. But God can help us choose a different way. 2 Timothy 1:7 tells us that God has given us a spirit of power, love, and self-control. This means when we are walking with God and looking to Him for guidance, we have the tools to help us choose a better reaction. Instead of hitting someone back or grabbing a toy they took from us, we can choose to practice self-control and respond peacefully. Instead of doing something when we know we should wait, we practice patience. Self-control might look like taking a deep breath and walking away. It might mean we go find an adult to help us. Self-control can also mean choosing to say and do nothing at all.

- Ask:**
1. What is self-control?
  2. What did you learn about self-control from today's story?
  3. What tools has God provided to help us practice self-control?
  4. What are some areas you need to grow in self-control?

**Say:** I can choose the better reaction by practicing self-control.

## Pray:

Dear God, thank You for giving us the tools we need to practice self-control. We have the power to make the right choices and Your love leading our way. We trust You to help us wait and choose what's best. Amen.

## Go!:

The next time you get mad or frustrated, stop and count to 10 before reacting. The next time you want to go ahead and do something when you know you should wait, stop and ask yourself, *is this the right choice?* Practice taking a moment to give yourself time to choose the best reaction.

**Download The Desert Temptation Bible story pack from the Laugh and Grow Bible for Kids to continue the conversation. Find it at [minnochurchathome.com](http://minnochurchathome.com)**