



**First, watch  
this week's  
video!**

**Self-control:  
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

David Spares  
Saul's Life  
1 Samuel 24

### Bottom Line

Don't be controlled  
by your anger.

Use this guide to help your family learn how God wants us to live with self-control.

## Activity

### Jump to It

#### What You Need:

Masking tape line

#### What You Do:

Show your child the masking tape line, and tell them you're going to play a game.

Say, "Stand on one side of the line. I'm going to read out a situation. If that situation would make you angry, frustrated, or annoyed, jump to the other side of the line. Jump big if the scenario would make you really angry, and give just a little hop if it would only make you slightly angry."

Read the suggestions below, one at a time, pausing after each one to give your child an opportunity to jump.

- A kid cuts in front of you in the cafeteria line at lunchtime.
- I say "no" to getting a special dessert.
- You get your device taken away as a consequence.
- Someone else uses something of yours without asking.
- Someone accidentally breaks something of yours.
- The restaurant your family picked doesn't have the food you like.
- Someone on your team messes up and your team loses the game.
- You mess up in practice for your sport or music (insert whatever is applicable for your child) 12 times in a row!
- Someone calls you a mean name.
- A friend ignores you on the bus or playground.
- Plans changed unexpectedly, and you can't do something you wanted to do.

## Talk About the Bible Story

Who was angry in our story today and why? (*David was angry with Saul because Saul kept trying to hurt him. Saul was angry at David because he was jealous.*)

Did David let his anger control him? How do you know? (*David didn't let his anger control him. He allowed Saul to go free when he had a chance to hurt him.*)

Is getting angry a bad thing? (*No. Everyone gets angry.*)

How can we be sure that our anger won't take control of us? (*When we get angry, we can pause. We can take a deep breath and think about how God would want us to respond.*)

*Parent: Share at least one strategy you use to maintain self-control instead of letting your anger take over.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for the emotions You have given us! We know that You gave us these emotions so we can feel, become passionate, and change the world around us for the better. Please forgive us for the times we have allowed our anger to control us instead of showing self-control. We love You, and we ask these things in Jesus' name. Amen!"