



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

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, NIRV

Bible Story

Too Much of a Good Thing
Proverbs 25:16

Bottom Line

Know when to stop.

Activity

When to Stop

What You Need:

Masking tape line on the floor, blindfold or sleep mask

What You Do:

Clear out a big space in the middle of a room, and put a line of masking tape on the floor. Put the blindfold or sleep mask on your child. Tell them that, when you say "go," they should start walking toward the line. When they think they're at the line, they should yell out "stop" and stop walking.

Place your child a few steps away from the line. Put on their blindfold and then tell them to go. When they say "stop" and stop, take off their blindfold, and let them see where the line is.

Ask, "Did you know when to stop?"

Continue playing the game as time allows. Move them to different positions in the room. You can even spin them around a few times before letting them walk toward where they think the line is. Each time they stop, take off the blindfold and ask, "Did you know when to stop?"

When time runs out, say, "Sometimes it's hard to know when to stop, isn't it? But if we don't know when to stop, we can end up hurting others or hurting ourselves. We can end up having too much of something."



Talk About the Bible Story

What are some things you like to eat or do SO MUCH that it's hard for you to stop? (*candy, cookies, chocolate, playing video games, watching TV*)

Have you ever done one of those things so much that you wish you had stopped? How did that feel?

How can you know when to stop in the future? (*Ask your parent to help you set limits; respect your parents when they tell you to stop; pay attention to how many things you're eating, or how much time you're spending on something*)

Parent: Make it personal by sharing something YOU like so much that it's hard to stop. Also tell your child how you know when to stop—whether by setting a limit, setting a timer, etc.

Prayer

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

"Dear God, thank You so much for the good things You give us! Thank You for good food and fun things to do. Help us remember that EVERYTHING has a 'too much.' Help us have self-control and know when to stop. We love You so much, God. Amen."