



## SELF-CONTROL

Choosing to do what you should do, not what you want to do.

## MEMORY VERSE

"My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry." James 1:19, NIV

### WEEK 1:

A Broken-Down Wall  
*Proverbs 25:28*

### BOTTOM LINE:

God can give you the power to control yourself.

### WEEK 2:

Slow to Anger  
*Proverbs 16:32*

### BOTTOM LINE:

Pause before you lose your temper.

### WEEK 3:

Reckless Words  
*Proverbs 12:18*

### BOTTOM LINE:

Select your words carefully.

### WEEK 4:

Too Much of a Good Thing  
*Proverbs 25:16*

### BOTTOM LINE:

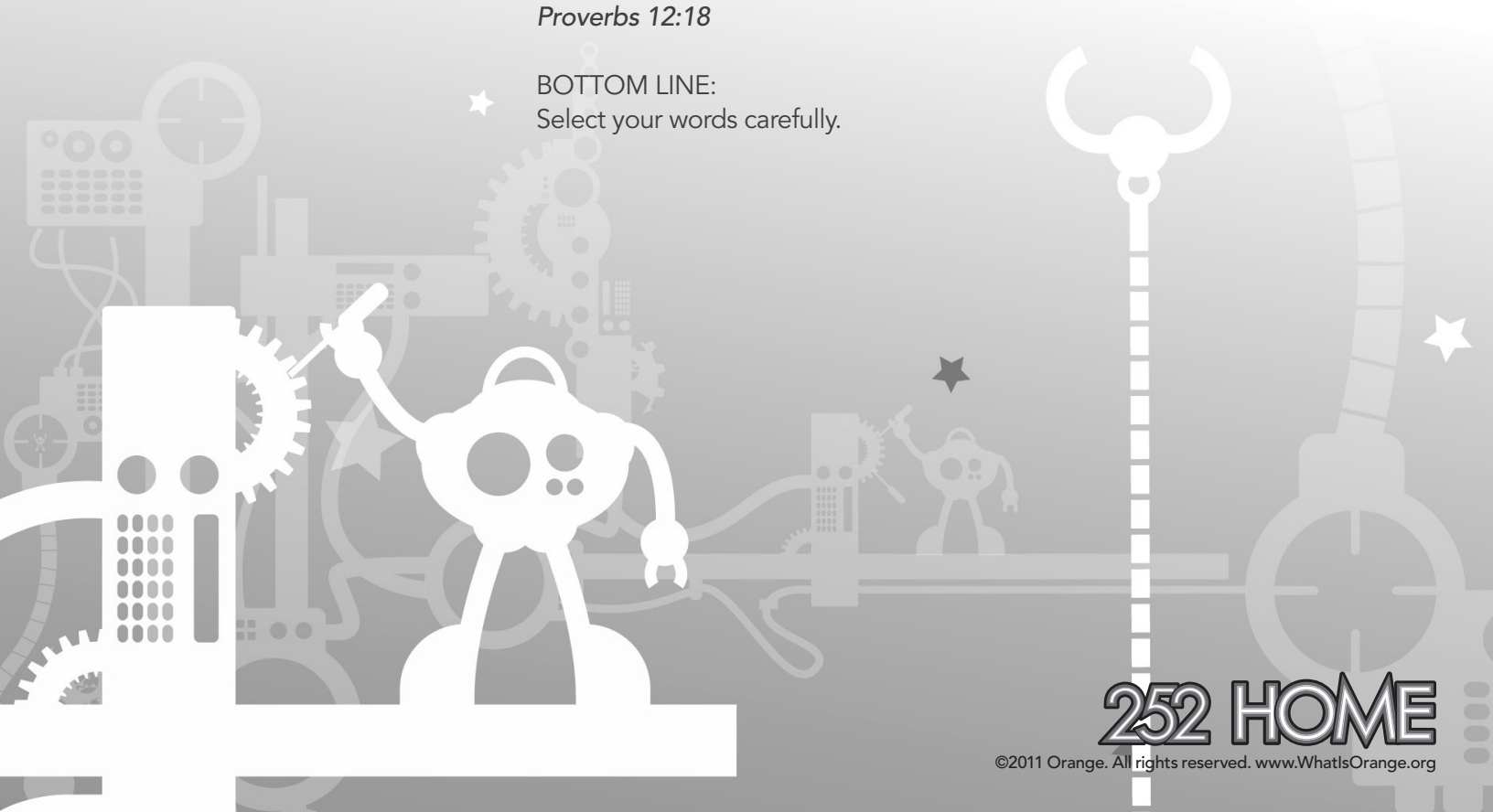
Know when to stop.

### WEEK 5:

What You Think About  
*Philippians 4:8*

### BOTTOM LINE:

Use the Bible to guide your thoughts.





# Parent Cue



## MEAL TIME

### WEEK 1:

**Ask a kid:** What are some examples of how self-control protects you from getting hurt?

**Ask a parent:** Tell about a time that you felt strong because you used God's power to have self-control.

### WEEK 2:

**Ask a kid:** What can happen when your anger boils over and you lose self-control?

**Ask a parent:** How can you raise your boiling point—make yourself slower to get angry?

### WEEK 3:

**Ask a kid:** What is something you need to show self-control with?

**Ask a parent:** When was a time that you hurt family or friends with your lack of self-control?

### WEEK 4:

**Ask a kid:** How can you know when to stop?

**Ask a parent:** Why does God want us to have self-control even with the "good" things in life?

### WEEK 5:

**Ask a kid:** What are some things that you should think about? (See Philippians 4:8 for hints.)

**Ask a parent:** How have you learned to guide your thoughts?



## PARENT TIME

Do you still have your kid's baby book? Remember recording the date of every sweet milestone? Grabbing the video camera to capture the first time they rolled, smiled, or walked?

Do you still celebrate your child's milestones with the same enthusiasm? I have to admit, I tend to approach the older child milestones with a tiny bit of sadness. How is he already old enough to be losing teeth? Is she really grown-up enough for an overnight camp? Weren't they just babies?

While we may be sad to recognize that our babies are growing up, it helps to imagine the adults they are becoming. We need to celebrate each milestone,

appreciating their new independence and welcoming their maturity. After all, we're not really raising kids, we're raising adults.

To hear more about how you can celebrate your kid's growth and imagine the end, check out this month's Parent Link Live podcast on [www.OrangeParents.org](http://www.OrangeParents.org).

And for more mealtime questions, and great activities that you and your child can do at other times of your week, check out [www.Studio252.tv](http://www.Studio252.tv) and the Parent Cue app for your smartphone.