



DO THIS



MORNING TIME

Before leaving for the day, text or tell your preteen, "Update your operating system today by praying and remember that everyone benefits when we practice self control."



DRIVE TIME

Ask your preteen, "What is something you just can't get enough of?" Then ask, "If you don't practice self control in that area, what do you think would happen?" Give your preteen some examples of things you love and how you practice self-control in that area.



MEAL TIME

Q & A for kids: What's your favorite food? Do you ever lose self-control when you're eating it?

Q & A for parents: Do you find it harder to have self-control when it comes to your words, your food, or your attitude?



BED TIME

Read Proverbs 25:28. Does your family have any special rules? Sometimes rules can be frustrating and hard to understand. Your parents set rules to keep you safe and to help you develop the control that will help you make wise choices as you get older. Ask God to give each of you the power to control yourself so you can better show love to Him and to others.

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