

Remote Control: The choice is yours



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!"

Remote Control: The choice is yours



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

Key Question

What makes
you angry?

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

Activity

Story Scramble

What You Need:

Scissors, printer OR paper and pencil, bowl or jar,
timer

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.*)

Are there times when it's okay to be angry?
If so, when are those times?

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!"