



## WEEK ONE

### PROVERBS 25:28

City with Broken Walls

## SAY THIS

**Doing what you should  
can keep you safe.**

## DO THIS



## MORNING TIME

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

## REMEMBER THIS

"God's power has given us everything  
we need to lead a godly life."

2 Peter 1:3a, NIV

## LIFE APP

**SELF-CONTROL**—Choosing to do what you  
should even when you don't want to