



WEEK TWO

PROVERBS 16:32

Slow to Anger

SAY THIS

**Think before you
lose your temper.**

DO THIS



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?

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