

## Prayers and Proverbs

Week 13 11/22/20

**Read:** Proverbs 25:28

- **28** Like a city whose walls are broken through is a person who lacks self-control.

**What is Self-Control?** Self-Control is saying no to things that are not good for me, and yes to what is good for me. It means listening and acting how God wants me to rather than reacting or doing what I want to do. It means fighting against temptation to sin and keeping my emotions, thoughts and actions in control.

- **Think!** Remember back to our Fruit's of the Spirit series. We talked about self-control and how we can choose to control our actions, words and responses.

**Questions:**

- What do you think happens when we lose self-control?

**Answers:**

When we lose self-control, we are kind of like a city whose walls have been broken down, which we read at the beginning of our verse. And it is a lot easier for the Enemy (Satan) to tempt us to sin when we have lost self-control.

**Activity:**

- **3yrs-Kindergarten:** Take out your 'Don't Lack Self Control' activity and follow the instructions!
- **1st-5th:** This week, if you are feeling like you lack self-control, pray to God first! Maybe take out your paper blocks from week 9 and build on it!

**Prayer:**

Dear Jesus, give me Your armour this week to help fight the temptation to lose self-control so I can keep the walls of my city intact, AMEN!